Wednesday, December 12, 2007 | Issue number: 275 | www.mk-news.co.uk | 50p where sold

MK NEWS

Aladdin star wishes patients the best

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Watch out for winter wildlife

MK LIFE

Extra time for iron bar attacker

BY ROB GIBSON
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A THUG who attacked two men with an iron bar has been jailed for an extra three years.

But his victim has said that nothing can change what he has done.

Jon Bushell, 27, from Foxhill in Sheffield, appeared at London's Court of Appeal yesterday after England's top law officer, the Attorney General, Baroness Scotland QC, granted the prosecution an appeal against his 12 year sentence.

Lord Justice Thomas accepted arguments that the sentence was "unduly lenient" and extended it to 15 years.

Bushell was originally sentenced at Oxford Crown Court in September after being found guilty of two counts of causing grievous bodily harm with intent and ordered to serve a minimum of six years.

He had attacked Detcho Stoyanov, 35, and Brian Lydon, 28, on London Road in Stony Stratford at 11.45pm on Saturday, November 4 last year.

He brutally attacked them with a metal bar following a dispute at the Forrester's Arms pub in Stony Stratford.

Both victims were left with brain injuries and while Mr Lydon made a good recovery,

Mr Stoyanov suffered severe brain damage and will require full-time medical support for the rest of his life.

Speaking after the Appeal Court's decision, Mr Lydon, from Coronation Road, Stony Statford, told MK NEWS: "Obviously I'm delighted but it hasn't really sunk in yet. He ruined my friend's life and nothing can change that.

"The fella is better off behind bars but it doesn't change anything.

"An extra three years does not make a lot of difference."

Mr Lydon suffered multiple skull fractures and has been diagnosed with post traumatic amnesia.

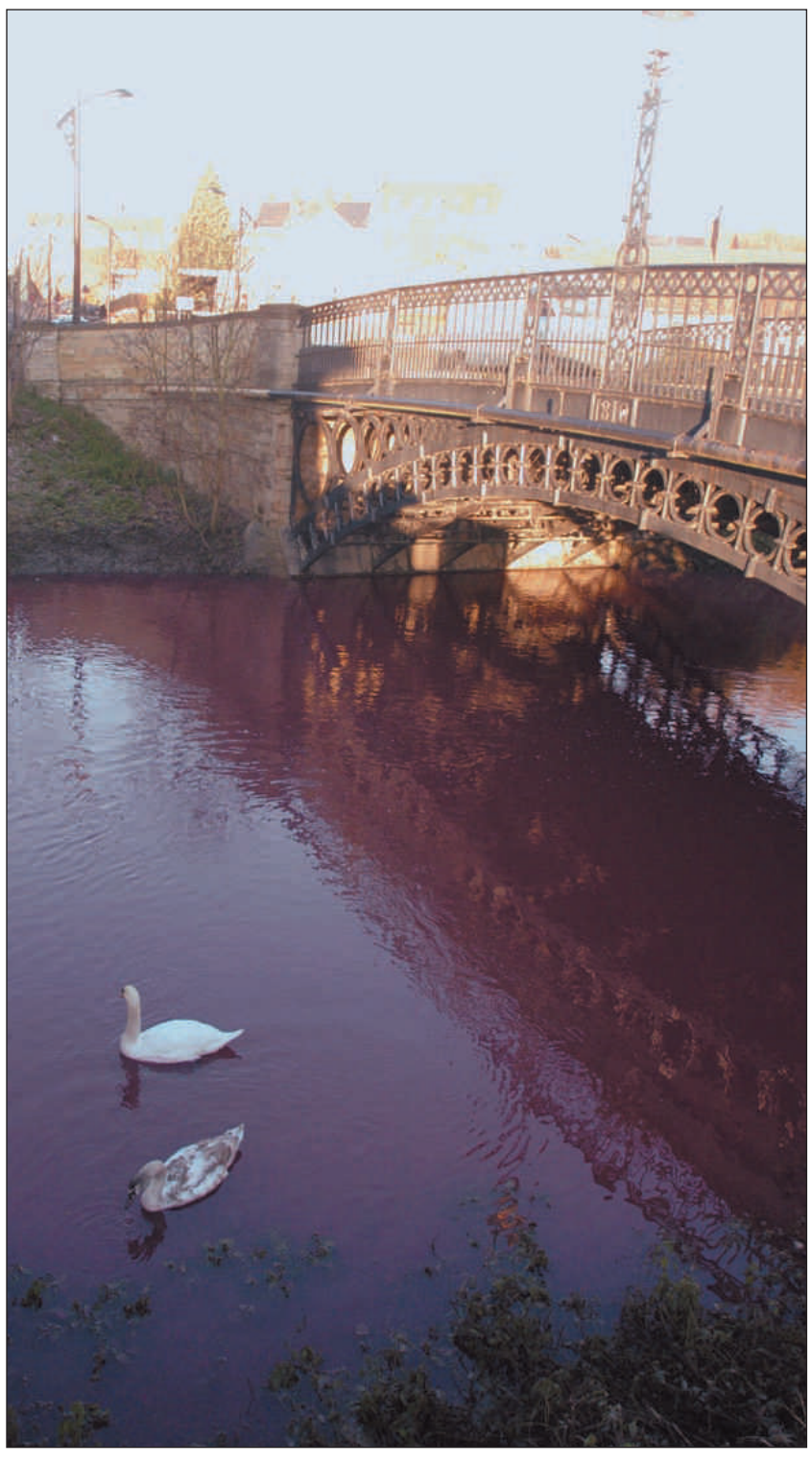
Mr Stoyanov, a Bulgarian national, from Hale Avenue, Stony Stratford, has a wife and eleven-year-old daughter.

He was initially given less than a five per cent chance of survival but miraculously survived with the support of his family and friends.

Bushell's minimum term behind bars was increased to seven years.

> The fella is better off behind bars but it doesn't change anything. An extra three years does not make a lot of difference

– Brian Lydon whose friend Detcho Stoyanov suffered severe brain damage after being attacked by jon Bushell



The river runs red in Newport Pagnell

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City schools favour traditional nativities

BY LAURA HANNAM
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SCHOOLS in Milton Keynes seem to be bucking a national trend as the traditional nativity play is still going strong.

Reports in the national press last week claimed that the traditional nativity play was on the wane.

A Sunday Telegraph survey of 100 schools found that only one in five were opting to stage the traditional Christmas story.

One in three would stage a religion-free Christmas play or have not event at all.

Yet in a survey carried out by MK News 21 out of 25 local primary schools are running a nativity this Christmas.

Others were running Christian themed plays such as Langland Community in Netherfield, with Christmas Cracked, Long Meadow in Shenley Brook End with Sparkle and Monkston Primary with The Hopeless Camel.

However, many of the nativities were modern adaptations of the traditional story with different characters, such as A Cockadoodle Story at Great Linford Primary, A Wiggly Christmas at New Bradwell, the Inn Keeper's Breakfast at Holne Chase Primary in Bletchley, Tonight's the Night at the New Chapter school in Coffee Hall – which includes nursery rhyme characters – and The Magic Box at Giffard Park Primary School, which looks into the meaning of Christmas and includes characters such as Santa.

None of the primary schools said they were solely running plays with no Christian message whatsoever.

Children in years one and two at Middleton Primary School did perform Ralph the Reindeer, which has a strong moral message but contains no biblical references, but the foundation year at the school gave a traditional nativity.

Corinne Benham, lower school manager, said they could not include all 360 students at the school in a nativity and did not want to repeat the story twice.

■ Do you think schools should still have a traditional nativity play or not?
Let us know your thoughts by emailing editor@mk-news.co.uk

Government cash windfall to go on crematorium expansion

EXPANDING capacity at the crematorium is Milton Keynes Council's top priority after it landed £24million of Government funding.

The money is part of a £732m growth area funding programme, which the Council placed a bid for earlier this year.

The announcement was made by Housing Minister Yvette Cooper last Wednesday and will support community infrastructure projects for services over the next three years.

Speaking to MK NEWS yesterday council leader Isobel McCall listed the priorities for the money and the estimated costs.

Expansion of the crematorium - £4.7 million. Radcliffe School development – £9 million. Green spaces – £3.3 million. Station Square improvements – £4 million. Wolverton Station development – £1.8 million.

Cllr McCall said: "We liaised with Milton Keynes Partnership and other organisations to come up with a list. Our top priority is the crematorium.

"It's not particularly attractive but our current crematorium will need to increase substantially in size to cope with city growth.

"This is our only opportunity to do that as it's not covered by the current tariff which MK Partnership has with developers."

Part of the money will be used at Radcliffe School to build a swimming pool and new homes in the area.

Another portion will help to create parks in the planned expansion areas of the city.

Station Square will undergo extensive remodelling to improve the layout of the area outside the station to benefit pedestrians.

Other plans include rebuilding Wolverton Station at a cost of approximately £1.8 million.

Cllr McCall said the crematorium will double in size, with a new furnace to allow two funerals to take place at the same time.

Dye spillage sees river run red

THE River Ouzel was running red yesterday.

The Environment Agency is investigating the accidental spillage of 700kg of red liquid dye into a water surface drain at Northfield industrial estate on Monday.

It is believed the dye is non-toxic.

Anglian water worked overnight on Monday to clean the polluted river but it remained red on Tuesday morning.

Fears that the dye would get into the public water supply were quashed when Anglian Water became involved.

A spokesman said: "We were called yesterday to a spillage of red dye or ink. We were asked to go out and give guidance or assistance. It had got into the surface water sewers.

"We gave advice on the possible routes that it could go and where it was going to pop out into the river.

"There is no threat to the public water supply and there is nothing for anyone to worry about.

"The people involved in cleaning it up are taking as much of the dye out as they can."

Milton Keynes Council's chief environmental health officer Phil Winsor said it was leaving it to the Enviroment Agency to deal with.

A spokesman for the Environment Agency said: "Yesterday afternoon 700kg liquid dye spilled. We think it was an accident.

"We understand it's non-toxic.

"We're investigating the incident. It has gone as far as Newport Pagnell and spilled in Northfield.

"It got into the surface water drain, but we've been able to clear up quite a lot through the night.

"It is not likely to have an effect on environment because it's non-toxic."

Oops! Cops take the wrong route on Queen's visit

BY ALICIA BABAEE
alicia.babaee@mk-news.co.uk

THE Queen was delayed during her royal visit because police outriders couldn't find their way from the train station to the-hub:mk.

Yesterday police confirmed that police motorbike riders took a wrong turn, causing her to be delayed by several minutes.

Her Majesty arrived at the train station at 11.10am on November 29.

Her motorcycle outriders, there to protect her on her journey with the Duke of Edinburgh, managed to get lost while guiding her around the city.

The outriders were supposed to lead her past the Hockey Stadium along Grafton Gate, past the Church of Christ the Cornerstone and right into Midsummer Boulevard to thehub:mk and Ramada Encore Hotel.

The journey was just over two kilometres.

But after taking the wrong turning the Royal party had to turn around.

On arriving at her destination, in a maroon Bentley, she was accompanied by two outriders.

A spokesman for Thames Valley Police said yesterday: "Outriders, supporting The Queen's vehicle, did take a wrong turning.

"This resulted in Her Majesty being delayed for a few minutes.

"At no time was her security compromised."

She arrived at stadiummk 23 minutes later than expected at 12.04pm.

Last week the man in charge of the police operation to protect The Queen said he was delighted with the way the day went.

Superintendent Gez Chiarello said: "Our aim was to protect The Queen and reassure the public while also keeping a fairly low profile to allow people to enjoy the day as it was a lovely occasion for Milton Keynes. There was an awful lot of preparation as it involved so many different resources from so many departments."

Panto star opens refurbished ward

A HOSPITAL ward has received a £450,000 refurbishment to help fight superbug infections.

Ward 8 at Milton Keynes Hospital, which specialises in the care and treatment of patients with respiratory conditions, was reopened yesterday by comedian and actor Bradley Walsh, star of Milton Keynes Theatre's Christmas panto, Aladdin.

Bed numbers have been reduced from 28 to 25 in order to provide additional toilet and shower facilities for patients, which have also been upgraded.

Four new rooms have en-suite facilities to support the care of vulnerable patients and will also be used as isolation bays to prevent the spread of infections such as C diff and MRSA.

Bradley Walsh pulls the cord for the official opening of Ward 8

Unveiling a plaque at the ward yesterday, Bradley said: "I know how much this means to the staff, nurses and patients here. They're working to keep infection to a minimum and this is the way forward for the NHS.

"You have a wonderful cast on this ward – thanks for all you do for us."

The changes took five months to implement and gives greater privacy to patients, with each bed situated in an enclosed bay.

Jill Rodney, chief executive of the hospital, said: "The opening of the new ward highlights our commitment and determination to develop modern health facilities for the people of Milton Keynes."

The project was part of a major redevelopment at the hospital which began ealier this year.

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Phone: 01908 242490
Fax 01908 689550
Office open 9am-5.30pm or by appointment.
Published and originated by LSN Media Ltd
Printed by Surrey & Berkshire Newspapers Ltd

MKNEWS
VFD
Jan-June 2007
Average weekly distribution
MKNEWS: 93,746.
LSN Media Group: 405,297

MKLETTERS

Letters to The Editor, MK NEWS, 1 Diamond Court, Fox Milne, Milton Keynes MK15 0DU | letters@mk-news.co.uk

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Traffic troubles

SIR – I endorse the comments of J F Smith (letters last week) regarding the proposed Tesco Superstore at Wolverton.

A further objection to this store is the matter of increased traffic which will be generated thereby.

I have no objections in principle to such superstores but careful regard must be taken of their location due to such increase – which increase is self evident from the car parking provisions in the proposal,

They, therefore, require excellent access by high class roads (such as that provided by the grid roads) if they are to be viable and not create problems rather than benefits to their neighbourhood.

Wolverton is a high density Victorian town and does not provide such access.

The main entrance approach is from one direction via a double bend and railway bridge and from the other along an already congested suburban road.

The only other entrance is via a secondary road which could be considered hazardous due to adjacent buildings. This secondary road will be required to accommodate the increased goods delivery to the store.

Wolverton cannot cope with the traffic for a superstore in this location without severe detriment to the town, its citizens, traders and amenities.

Any self respecting planning officer would rejectthe proposals for this store due to traffic considerations alone. I trust I will hear vociferous, unanimous and united opposition to these proposals by all who live in or claim to represent the interests of Wolverton. On my part I have written to Sir Terry Leahy, the chief executive of Tesco enclosing a copy of this letter and asking his Company to reconsider these proposals.

M R Hooley
Old Wolverton

Town, town, town

SIR – At last, someone on the council, namely Sam Crooks, openly states that Milton Keynes is not officially a city.

So why then do so many articles printed in all MK newspapers refer to it as being just that?

What is wrong with living in a town – albeit a 40 years old new town, nothing to be ashamed of is it?

Cllr Crooks states the next competition for city status is unlikely before 2012, so until or even if MK does get city status, can we all be honest and accept it is but a humble town we live in and stop calling MK a city.

Dennis Pendlebury
Spinney Hill Road, Olney

Hospice care

SIR – I am writing in response to the article in MK NEWS on November 7 headlined 'Elderly mother took control of her life by killing herself' and the subsequent letter from Dignity in Dying printed onNovember 21.

I would like to, firstly, send my condolences to the family of Violet Brooks. It was a tragic shame that Violet felt she was forced into a position where she had to end her own life.

Secondly, I would like to respond to the letter from Dignity in Dying by making your readers aware that in Milton Keynes we are very fortunate to have a hospice.

Willen Hospice provides care for adults who are terminally ill and support to their families in Milton Keynes and surrounding areas, we are a charity and our services are provided at no cost. Our specialist care is provided as either an inpatient or day patient and we provide extensive community support enabling people to live their lives, often pain free in a caring and supportive environment.

This can best be described in this quote from one of our patients: "I have managed to deal with a lot of emotional baggage that I never thought I would get out and have been reassured that it is normal to be that way. They have worked endlessly to make sure that I have as little pain as possible. If I am up to 3am they come and see why, they tell me off if I don't tell them about my pain. They say I shouldn't be in pain so that I can enjoy my life. I have got the feeling I can talk to anybody and I have never had that."

I appreciate not all have access to this standard of end of life care and ways to achieve this are being discussed at a national level. Willen receives only 25% of our funding from the government, the fact we have been providing our essential services to our local communities for the last 26 years is a testament to the commitment and generosity of our many supporters. We believe that more funding and effort should be put into Hospice care in this country, rather than Bills that will encourage people to seek assistance to end their own lives. If more terminally ill people had access to places like Willen Hospice it would ensure better care and peace of mind to those families facing end of life issues.

Paul Hinson
Director of nursing and patient services, Willen Hospice

Tesco expansion plan – right idea, wrong place

SIR - The recent plans submitted by Tesco to substantially increase their store in Wolverton will be a disaster in the long term for the local community.

The only people who will gain are the Tesco shareholders.

It is hard enough now for local shops to compete with Tesco, which has the capability to sell items at a loss as long as it gets people into their store.

We are living in a dream world if it is thought that there will be a ripple effect of people who will drive to Tesco, and then go and spend their money in other parts of Wolverton too.

People don't do that now, so why would they if the store was even bigger? By definition Tesco will increase its product ranges that it will be selling, and that will be bad news for existing businesses in Wolverton, Stony Stratford and New Bradwell.

What on earth will the retail units be selling that Tesco will be building as part of the development - antiques? At least that is something that Tesco doesn't sell....yet.

Please Tesco, come and demolish the Agora and build there and kill two birds with one stone! Otherwise it will always be an out of town superstore that people drive to and then drive home from.

On the North side of Milton Keynes we don't have enough competition for Tesco and we could really do with another major supermarket in the area which could offer choice.

The sheer size of the store when it is completed is another issue. Who in their right mind actually enjoys going to the Tesco in Kingston? It is a miserable experience to visit it because it is just too big

Wolverton has got so much going for it that it would be a crying shame if Tesco was allowed to suck the life blood out of it at a time when it is on the up.

Of course Tesco will result in more jobs and that needs to be appreciated. However, in the main these will be unskilled and low paid retail jobs that MK has already got too many of.

The local community and Councils need to seriously consider if this will be of enough benefit to outweigh all the negative impact that such a large Tesco store will have.

J Bloss
Anson Road, Wolverton

Animal laws

SIR – Like many members of the public, the RSPCA is deeply concerned about the suffering of animals used in research and testing.

The current review of the European law governing animal experiments presents a vital opportunity to benefit millions of animals.

We have launched a petition to demonstrate how strongly the public wants the new law to ensure tighter controls on animal use in experiments throughout Europe. You can add your support by visiting www.rspca.org.uk/directive86609, or going to your local RSPCA branch or shop, where the petition should be available.

The RSPCA believes the new law should cover all animals used in basic research as well as education and training. Such animals account for 35 per cent of animals used for scientific purposes, and are not currently protected by the law. An immediate ban on the use of great apes and wild-caught primates and a co-ordinated strategy to replace all other primate use should also be included.

The housing and care standards for all species should be improved, which is the very least these animals deserve while their use in experiments continues.

For more information about how the society wants the law changed for the better, visit www.rspca.org.uk/directive86609.

The society has a long history of achieving positive change for laboratory animals. We are grateful for the strong support we have received from the public, and we are asking for your help once more.

We hope that your name will be on the petition when we present it to the Government at the end of the year.

Suzie Graham
Manager, RSPCA East Region

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Letters must arrive by noon on Monday. Full name and address must be supplied. Details will be withheld in only exceptional circumstances. Letters should be kept short and to the point and may be edited.

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Centre closure leaflet is sent out 'in error'

BY ALICIA BABAEE
alicia.babaee@mk-news.co.uk

A LEAFLET has been sent out by MK Council announcing the closure of Bradville Housing Office before the decision has even gone to cabinet.

Tenant representative Margaret Burke was shocked when the leaflet landed on her doormat, as she was waiting for the decision to be made.

It says the housing service on Kingsfold will move to the council's main civic offices on Silbury Boulevard, Central Milton Keynes this month.

Mrs Burke contacted the council's deputy director of housing, Anthony Hodson-Curran, demanding an explanation.

He responded by e-mail, admittting that it had been sent out by mistake.

He wrote: "There has not been a decision. The early mailing is an error. Our apologies."

But Mrs Burke remains unconvinced. She said: "It was one of their shiny leaflets.

"If this is a 'mistake', why did they print the leaflet in the first place?

"I think someone has cocked up, they told us it was going to cabinet."

In September, MK NEWS revealed that the council was threatening to shut the Bradville office due to dwindling user numbers and the deteriorating condition of the premises.

Residents were told heavy rainfall could cause serious roof failure. To repair it would cost £40,000.

It claimed figures show that when numbers fell during 2006/2007, only 11 people were going into the office each day.

Irene Henderson, cabinet member with responsibility for housing, said yesterday: "The fact is that there was a full consultation and it is very clear that that office does not serve the area it covers well because people can't get to it.

"A very, very large majority of people responded clearly saying that it's easier to get to central Milton Keynes than Bradville because of the bus situation.

"It is very regrettable that this has happened but it is a kind of series of mistakes."

But Mrs Burke described a lack of democracy over the issue in September after she discovered the plans through a leaked e-mail.

Writing to her at the time Anthony Hodson-Curran said: "I am sorry that this issue has been made public before all elements have been considered and an appropriate plan of action developed."

Mrs Burke remains concerned that elderly residents and people without cars will find it difficult to get to central Milton Keynes.

A council spokesman said: "It was an administrative error.

"We apologise that someone sent these leaflets out mistakenly. The decision to either close the housing office or not will be made at a cabinet meeting on December 18."

Mrs Burke added: "There is no doubt about what they're intending to do."

> It was one of their shiny leaflets. If this is a 'mistake', why did they print the leaflet in the first place? I think someone has cocked up, they told us it was going to cabinet
>
> **– Bradville Tenant representative Margaret Burke**

Road death mourner over drink-drive limit

A MAN who died after a head-on-collision was over the legal alcohol limit at the time of the crash, an inquest found yesterday.

David Morgan, 49, from Weavers Hill, in Fullers Slade, was on his way back from a funeral when he died after his 4x4 was involved in a head-on collision.

The incident took place on the H2, Millers Way, at the junction with Greenleys Lane on Friday July 27.

Mr Morgan, a car mechanic who had recently been made redundant, was travelling down the H2 at 5.15pm in his blue Suzuki behind a green Vauxhall Astra, which slowed down and stopped to turn right into Greenleys.

Mr Morgan swerved to avoid the Astra, colliding head-on with a red Renault Megane travelling in the opposite direction.

Witnesses described his 4X4 going into the air, landing on its side and sliding across the road.

He was taken by air ambulance to John Radcliffe Hospital in Oxford where he was pronounced dead just after 10.30pm.

The driver of the Renault Megane, Graham Poore from Luton, suffered chest pains and minor cuts to the arm, his two passengers received minor injuries.

"I saw a green vehicle on the opposite carriageway which seemed to be slowing down or stopped and as I was passing I saw a car behind it pull out onto my side of the road," said Mr Poore. There wasn't much time to react, I steered slightly to the left to lessen the impact on the car. I think it was a last minute decision by Mr Morgan to overtake."

Carol O'Brien was driving the green Astra with her daughter in the back seat.

"I could see Mr Morgan coming up quite fast behind me and at that point didn't think he was going to stop," she said.

"I don't think he realised that I had come to a stop to turn right. I was indicating."

Mrs O'Brien pulled her car forward onto the side of the carriageway and her vehicle was not hit.

Dr Veejay Desai, consultant pathologist at Milton Keynes Hospital, said Mr Morgan's blood contained 112mg of alcohol per 100ml, 32mg above the legal driving limit.

Mr Morgan is likely to have consumed alcohol at the funeral of a friend from his motorcycle club, which he was travelling home from at the time of the crash.

Coroner Rodney Corner said: "It is well known that alcohol can affect the concentration and one needs to have ones wits about themselves 100 per cent when driving on a public road.

"There can be no doubt whatsoever that this amount of alcohol must have an effect on the ability to concentrate on the road ahead.

"Therefore this must be a contributing factor."

Verdict: Died from multiple injuries as a result of a road traffic accident.

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Is your house a picture?

IT'S that time of the year again where Milton Keynes residents not only deck their houses on the inside but the outside too.

If you think your house is worthy of being featured in MK NEWS over the next couple of weeks then why not take a picture of it and send it to us at the newsdesk.

The best pics will be used in the paper.

Send your images to editor@mk-news.co.uk

Please include your name, address and telephone number.

Jess, 7, in street recycling bin call

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

A SEVEN-year old school girl from Hanslope is calling for recycling bins to be placed in the streets of her village.

Jess Lalor, who attends Hanslope Primary School, has written to the council asking for recycling bins to help save the environment.

She had the idea when she was helping to put up the village's Christmas lights on Gold Street with her family and saw a teenager throwing a can in a public bin.

One of the teenagers' friends said; "Why aren't you putting that in the recycling bin," and she replied: "There aren't any".

Jess' dad, Dan, said: "Jess overheard and said she would write to the council and when we got home she did."

"It was all her own idea."

Jess said she has learnt about recycling in school.

"I wanted to write to the council to ask for recycling bins to save the environment," she said.

"I typed it up on the computer on my own."

A spokesman for Milton Keynes Council said the authority is already in discussion with Hanslope Parish Council regarding the placement of little recycling bins in the village.

He said the location of these bins would depend on the outcome of these discussions.

He added that large recycling bins would not be placed in the village as the residents use the kerbside collection service.

Can the can: Jess Lalor from Hanslope wants street recycling bins in the village

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Patient died after 'systems failure' at MK Hospital

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

A COMMUNICATIONS and systems failure contributed to a patient's death at Milton Keynes Hospital, an inquest has found.

The patient did not see a doctor for nearly 20 hours before dying from a perforated ulcer.

Stephen Bell, 59, a karate training instructor from Longcross, Pennylands died on April 27 in the intensive care unit.

A two day inquest, which ended last Wednesday, heard he was first admitted on March 15 after a chest x-ray showed he had an enlarged heart.

He underwent procedures to drain fluid from around his lungs and heart and saw some improvement, but later suffered renal problems.

He was transferred to the specialist renal unit at Churchill Hospital in Oxford on April 1 and was diagnosed with nephrotic syndrome, which caused generalised swelling of his legs, lower abdomen and hands.

He recovered from this during his treatment at Oxford but showed the first signs of abdominal pain.

He was transferred back to Milton Keynes on April 25 arriving at around 7pm. He was not seen by a doctor until 3.45pm on April 26.

By this time his condition had deteriorated due to a perforated ulcer.

Junior doctor, Phillipa Bailey said: "I found Mr Bell's partner [Miranda Broadhurst] at the desk quite distressed."

"She said he was in a lot of pain, which was unusual for him and was a new symptom."

Dr Bailey said he had acute abdominal pain and she was extremely worried by his clinical state.

He had no access to intravenous therapy, though he was dependent on this when he left Oxford.

Stephen Bell: The karate training instructor was not seen by a doctor for almost 20 hours after admission to MK Hospital

"I was repeatedly asking for MK clerking and notes and when it became evident they did not exist it became clear he had not been seen," she added.

"He was 19 hours 45 minutes without seeing a doctor."

Mr Bell was taken to intensive care at 11.15pm to be prepared for an operation. He arrested and died at around 4.30am on April 27.

A consultant pathologist at Milton Keynes Hospital said he died from a perforated ulcer and heart failure.

A hospital report, required by the National Patient Safety Agency, found that the policy for transferring patients was not followed.

The ward nurses failed to contact senior staff members when they were unsuccessful in calling doctors to the patient.

Deputy coroner Tom Osborne said: "The failure to review a patient must be a cause of concern to all those involved."

"It is also a matter of concern that detailed observations you would expect weren't carried out regularly throughout that time."

He said if Mr Bell had been operated on before his condition had deteriorated the outcome would probably have been different.

As part of a narrative verdict the coroner concluded: "Mr Bell's death was contributed to by a communications and systems failure."

Mr Bell's friend Barry Taylor, who knew him for 20 years, said: "He went into hospital a very fit man, he just had a bad chest."

"He was a marvellous man."

"If they can do that to him its like rolling a dice, they can do it to anyone. We deserve better."

Mr Bell was also a member of Milton Keynes-based bike club Barrel Bikers.

He has four children, two by his ex-wife and two with his partner Mrs Broadhurst.

Mary Sexton, acting director of nursing at Milton Keynes Hospital NHS Foundation Trust, said: "There have been changes made to procedures since this case came to our attention.

"All patients are now seen by a consultant on admission and, rather than going directly to a ward, patients now directly come to the Clinical Decisions Unit (CDU) or the Surgical Assessment Unit (SAU)."

"It is clear that our usual procedures were not followed in this particular case. Our condolences sincerely go out to the family."

Xscape hotel plans unveiled

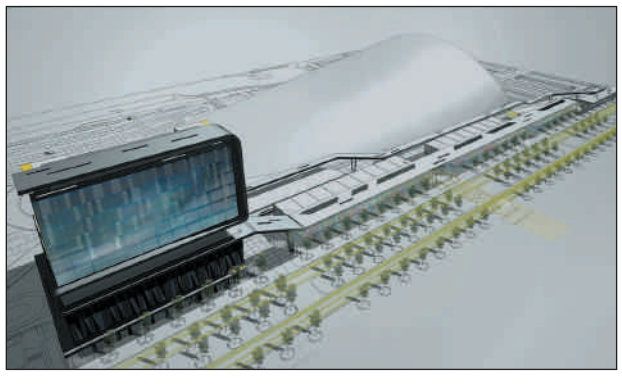
THIS is the latest image of the Xscape's expansion plans.

The plans which include a hotel, casino, bars and restaurants is awaiting plannign permission from Milton Keynes Council..

Last week, Destination Milton Keynes (DMK), the tourism association for the city held a special event at Xscape.

The event included an update from Tony Palgrave, chair of the DMK committee, and a presentation from Steven Gordon-Wilson, marketing and promotions manager at Xscape about the expansion plans.

The marketing plan for DMK, which targets both businesses and consumers, is currently under way and a new online destination guide is being produced, partly funded by the association of MK hoteliers, which will provide a series of themed downloadable PDFs.



An artist's impression of the new hotel development at Xscape in CMK

Visitors can look forward to a 'thrills and spills' adventure sports activities guide or the 'Culture Vulture' guide for anyone interested in culture and heritage in the city. A printed version will follow early next year.

For more information about DMK or how to become a member please visit www.destinationmiltonkeynes.co.uk

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SEE PAGE 18

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Check eating places' Scores on the Doors

WORKERS out on their Christmas celebrations are being urged to check that their chosen venue scores as highly on its food hygiene as it does on its menu.

Scores on the Doors is an easy to follow scheme, run by Milton Keynes Council's Environmental Health Division, to show how well eating places are doing when it comes to food hygiene by using a 0-5 Star scoring system – the best venues scoring five stars.

And the public are invited to make informed choices by logging on to www.scoresonthedoors.org.uk which is a website designed to give 'Star Ratings' to MK restaurants, pubs and takeaways.

Any eating place with 0 or 1 stars will be visited up to three times more often than any other outlet because Environmental Health Officers are concerned about hygiene standards.

Food poisoning outbreaks are often down to poor hygiene which allows nasty bacteria such as E coli, botulism and salmonella to get a foothold and breed in food storage and preparation areas.

Currently more than 750 places have been rated in Milton Keynes with 17 eating places languishing with 0 or 1 star.

To combat this problem a series of food hygiene workshops have been organised over recent months to help those businesses struggling to improve hygiene standards with Food Standards Agency funding.

The Council's Chief Environmental Health Officer Phil Winsor, said: "Scores on the Doors is designed to allow the general public to view at a glance those eating places that are doing well and those that are struggling to meet the required food hygiene standards. It is a simple way of ensuring that the consumer can exercise choice when spending their money.

"The businesses with poor food hygiene ratings are being encouraged to attend the free workshops because our first priority has to be safeguarding public health in MK. Our aim is to help all businesses in Milton Keynes to meet the highest hygiene standards and get their 5 Star award."

Douglas McCall, cabinet member responsible for environment, said: "The council is doing everything it can to help businesses improve food hygiene standards.

"Of course food hygiene this Christmas is equally important in the home and so we want everyone to enjoy the celebrations by following basic food preparation safety tips."

■ To find out more about the Scores on the Doors scheme and for information about food hygiene visit: www.miltonkeynes. gov.uk/food-hygiene or www.scoresonthedoors.org.uk

CHRISTMAS FOOD HYGIENE DOS AND DON'TS

1. Don't overstock your fridge or freezer
If your appliances are overstocked it makes it difficult to maintain the right temperature.

2. Wash your hands frequently
Wash your hands especially before preparing or touching food, and after touching raw food, coughing, sneezing or touching pets.

3. Frozen turkeys or other poultry must always be thawed thoroughly and fully before cooking.

4. There is no need to wash your turkey.
Washing a turkey or any other poultry can splash harmful bacteria already on the bird around the kitchen leading to the cross contamination of other foods. Cooking will kill any bacteria present.

5. Use separate chopping boards and utensils between raw meat and any cooked or ready-to-eat-foods.

6. Ideally, cook your stuffing separately
If you stuff the bird, make sure you take the stuffing weight into account when calculating the cooking time.

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EVERYONE got into the Christmas spirit on Sunday in Olney.
The town held its annual Victorian fair complete with authentic costumes, horse drawn carriages and traditional music and song.

GOOD NEWS FOR CITY ON LIFESTYLE AND JOBS FRONT
SEE PAGE 13

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Nightclub's hours cut after violence

BY ALICIA BABAEE
alicia.babaee@mk-news.co.uk

A NIGHTCLUB has been forced to cut its opening hours following a violent incident involving door staff.

Police were called to an alleged assault outside Theatre District club Buddha Blue in the early hours of December 2.

Door staff allegedly provoked fights and serious disorder issues.

One person was arrested and released on bail.

An emergency meeting of the licensing sub-committee was called on December 6 following an application by Thames Valley Police the day before.

The club will now have to close at 3am rather than 5am.

It has also been ordered to ensure that door staff are made more easily identifiable.

A spokesman for Thames Valley Police said: "There was an accelerated review due to the fact that there's been violent disorder outside the club.

"Door staff ejected a number of people and are alleged to have gone way beyond their area of concern.

"There was an alleged assault and one person was arrested and released on police bail."

The restriction has been imposed as an interim measure, pending a full review hearing in January.

> We would like to assure customers that we maintain the highest standards to ensure a relaxed, safe and friendly night out for all.
>
> **– Buddha Blue manager Robin Lyle**

The application for a fast track review of the licence was made under powers introduced by the Violent Crime Reduction Act 2006 which amended the Licensing Act from October 2007.

It is the second application in Milton Keynes following that for the Nexus nightclub in October which led to its licence being surrendered.

The arrested person is due to answer to bail later this month.

If club operator Anfor Farooque protests the decision the Licensing Authority must hold a further hearing within 48 hours of its receipt.

Buddha Blue manager Robin Lyle said: "We have been successfully running Buddha Blue since earlier this year with very few incidents at all.

"Unfortunately, following the occurrence on December 2, we have been requested to reduce our opening times while we work with the local authorities.

"We would like to assure customers that we maintain the highest standards to ensure a relaxed, safe and friendly night out for all."

■ THE landlord of the Wishing Well pub in Bletchley was in court on Friday for two breaches of a noise abatement notice served in July.

Vanessa Husband pleaded guilty to both counts and was fined £2,000 and ordered to pay £914.50 costs.

The case followed complaints of loud music from nearby residents on August 31 and September 7.

Choose me! Long term foster carers needed

June, 13, White British, has a charming smile, and is fun to be around. She enjoys computer games, shopping and listening to music and attends dance classes. Occasionally she can be withdrawn and has 'issues' with personal hygiene and responding to discipline.

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Julie, 12, White British, is caring helpful and thoughtful. She enjoys shopping, dressing up, computer games, listening to music and board games and has developed an interest in skating. Occasionally bossy and likes to have control.

Seeking: a placement with a carer who can provide strong boundaries where Julie can thrive.

Mike, 10, White British, is shy, lacks confidence and can be temperamental. He enjoys swimming, football, riding his bike and the scouts. Mike likes one to one attention and particularly enjoys stories read to him.

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CHILDREN'S SERVICES

LUTON BOROUGH COUNCIL

Day nursery talks a 'sham' say parents

Christmas past, present and yet to come: parents dressed in Dickensian costumes were joined by MP Phyllis Starkey MP and Andrew Pakes (Labour candidate for MK North) as they protested at what they describe MK council's 'Scrooge attitude' to day nurseries

BY ALICIA BABAEE
alicia.babaee@mk-news.co.uk

WORRIED parents put on a Dickensian Christmas demonstration as part of a campaign against what they call a 'flawed' consultation that will see changes to city nurseries.

Parents donned 19th century costumes and gathered at the council's Civic Offices in the rain to put on their version of Charles Dickens' A Christmas Carol.

They cast the council as Scrooge. A Christmas Carol is a Victorian morality tale of an old and bitter man named Ebenezer Scrooge who devoted his life to financial gain but had a transformation one Christmas Eve following a visit from three ghosts.

One of the original consultation options was to close the service all together but late last week the council backtracked, removing this option.

The protest was held in the hope that the council would stop the consultation, which they have branded a sham.

Parents say they like the nurseries as they are.

The council, which runs eight day nurseries in Milton Keynes for 369 children - has, sent out questionnaires and held consultation meetings

Options include offering the service into the open market to be run by another provider or maintaining the current service but making changes to reduce costs.

Other suggestions are to develop a consortium to help manage the existing nurseries, or to have different management arrangement for groups of day nurseries such as through children's centres.

Ursula White, spokesman for the campaign group, said: "Current proposals are clearly about cutting the budget, not improving the service.

"We are proud of our day nurseries. For children, continuity is vital and our nurseries have a more certain future if they stay under the management of the council. Option zero, business as usual, was only added at parents insistence."

They say the nurseries now lack stability and a growing city needs more nurseries, not less.

Mrs White added: "We urge the council to stop the consultation before Christmas and engage parents in meaningful discussions about how we can all work together to secure the future of the nurseries."

Cllr Sandra Clark, cabinet member responsible childcare, said: "I am pleased, but not surprised, that people have so emphatically said that closure is not an option. However, we will still need to consider options to secure the longer term future of the nurseries, in line with Government policy.

"We will of course be involving parents and carers in this process, and I intend to hold discussions with them early in the New Year, but we must ensure that council nurseries provide value for money."

The next stage is a report to the Cabinet on February 5, which will launch the draft public consultation document.

Traditional university plans back on track

A CAMPUS-STYLE university is back in the pipeline for Milton Keynes, according to councillors.

The project was scuppered after plans for the Open University (OU) to lead it, with a consortium of other higher education providers, fell through.

Now councillors dedicated to getting a traditional university complete with a campus and student union, say the plans are back on the table.

Two sites are being looked at in Campbell Park for a proper campus.

Milton Keynes College will now lead the university at a building on Silbury Boulevard, bought by English Partnerships.

Although this building will originally house IT facilities, the university will later expand.

It is believed the Silbury Boulevard building will be called The University Centre for Milton Keynes, and will open in September 2008.

Cllr Euan Henderson, cabinet member for lifelong learning, said: "It is a small start but a very important one because the presence of the building, and the fact that students will have a place to go, will make it more attractive to people.

"Some people want to stay at home and consequently they don't go to university. We want to provide opportunities for Milton Keynes people in Milton Keynes."

The first site suggested is on the north side of Campbell Park and the second is between Campbell Park and the Theatre District.

Despite us being one of the country's youngest areas, youngsters leave to go to university and don't come back.

Councillor Sam Potts - whose father works at the OU - met with senior OU staff and council chief executive John Best last Wednesday to discuss the plans.

The OU will still be involved in the project.

It is hoped a proper university could help Milton Keynes get city status.

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Hands on healing

Do you believe in healing? ALICIA BABAEE talks to a convert about spiritualism

WHEN Walter Lawrie first went to a Spiritualist Church in 1994, sceptic could have been his middle name.

He had gone with his wife who wanted to try something new, but was far from convinced.

He said: "I saw people doing healing and I thought it couldn't possibly work.

"I thought 'What utter rot!'"

But fast forward 13 years, and Mr Lawrie is a healer himself.

For 17 years, he had suffered excruciating pain from osteoperosis in his hips, spondylosis in his lower back and neck and tendonitis in his shoulders.

Just a few weeks after his first visit to the Spiritualist Church, Mr Lawrie, thinking he had nothing to lose, went for some hands on healing.

He says that within 21 hours, the pain was gone.

But the surprises didn't stop there.

In December Mr Lawrie had had x-rays and his consultant had told him she could see signs of osteoperosis. She arranged a scan to see how far the bone thinning condition had advanced.

At the time he was taking anti-inflammatories, painkillers and had been given cortisone injections. He was 52-years-old and had been told he would need a double hip replacement by the time he was 56.

In late January he went for the scan, and in February he got the all clear.

He said: "I was astounded.

"The whole healing session had only taken five or ten minutes and I had felt nothing during it."

It involved a healer placing his hands on his shoulders, then his back, down each side, and on his hands. Others prefer to use non-contact healing.

After Mr Lawrie's experience, he and his wife both became healers, trainers, and assesors, and are accredited by the Healer Practitioner Association International and the Holistic Healers Association.

And they have some success stories to tell.

Ten years ago they were invited to give healing to a young man from Spain who was holidaying in Milton Keynes. He suffered from cerebral palsy.

Over a fortnight they gave him healing.

Mr Lawrie said: "This one I find really quite astounding.

"His mother had taken him to Lourdes for the previous ten years with no results.

"One of the things he wanted to be able to do was put his own socks on but his hands were permanently clasped.

"On the last day, without thinking, I put my hand out to shake his hand, and his hand opened."

Healing is an exchange of engergies, in which people are taught to channel the energy. Mr Lawrie said: "Some people call it faith healing, others spirit healing. I prefer to call it holistic healing. Energy transfer in its simplest terms can be described by reminding people that all trees take in carbon dioxide and give out oxygen.

"Some feel a tingling, others feel heat. It can be different each time.

"There can never be a guarantee, but we can always guarantee the person will become more relaxed."

Healers will always ask people who come to them whether they have seen a doctor, and Mr Lawrie says their wish is to work in conjunction with conventional medicine.

If you think healing could help you, contact Mr Lawrie for a session on 01908 644910.

He doesn't charge, will accept contribution to petrol expenses.

To become a healer, call Adrian Denny, minister of the Spiritual Church at Bancroft, on 01908 608569.

> Energy transfer in its simplest terms can be described by reminding people that all trees take in carbon dioxide and give out oxygen
>
> **– Healer Walter Lawrie**

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Who will deal with your affairs and welfare if you can't? Don't lose your right to choose your Attorney by waiting until its too late.

From the 1st October 2007 the Enduring Power of Attorney (EPA) has been replaced with a revised type of power called a Lasting Power of Attorney (LPA). However, EPAs made prior to 1st October will continue to be valid.

The LPA has now replaced the EPA as one of the most important legal protection mechanisms for your future. Indeed having an LPA in place is just as important as making a Will because it affects you during your lifetime. The benefit of the LPA is that it will allow you and your family the certainty of knowing who will deal with your affairs and personal welfare if you become incapable of making decisions about these things yourself. Moreover, you will have the comfort of knowing that the Attorney dealing with your affairs is the person of your choice and not someone whom the Court chooses to appoint on your behalf.

Unlike the EPA, an LPA will need to be registered with the Court of Protection before it may be used by your attorney (s). A person can make two types of LPA.

A Property and Affairs Lasting Power of Attorney (LPA) allows you to plan ahead by choosing one or more people to make decisions on your behalf regarding your property and financial affairs.

You can appoint a property and affairs Attorney to manage your finances and property whilst you still have capacity as well as when you lack capacity. For example, it may be easier for you to give someone the power to carry out tasks such as paying your bills if you find it difficult to get about. Please note that the document has to be registered before it can be used.

A personal Welfare Lasting Power of Attorney allows you to plan ahead by choosing one or more people to make decisions on your behalf regarding your personal healthcare and welfare.

As you can see the protection offered by an LPA can be invaluable. ***Please contact us today to see how we can help.***

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AA670842

MK stars on BBC 'new town' show

Residents' positive praise on website

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

MILTON Keynes has been praised in a BBC feature weighing the pros and cons of new towns.

The feature, published in the BBC News Magazine and on the BBC News website on December 3, looks into the issues surrounding new towns as plans are unveiled for 160,000 new homes in the Thames Gateway.

"As Milton Keynes turns 40, plans have been unveiled for its modern-day counterpart," it states.

Theo Chalmers, chairman of campaign group Urban Eden which fights to protect Milton Keynes' original masterplan, is quoted supporting the city.

"It's the most user-friendly town in the UK – 250,000 people live here, yet I can drive across town in 10 to 15 minutes," he said.

"In London I couldn't drive to the end of my road in 10 to 15 minutes."

He added: "When I first came here, all I could see were roads and roundabouts.

"Then I came to understand that it works like a Swiss watch.

"The planners thought about what people want – to park outside their house, for their kids to go to school locally, and for shops and other services to be convenient.

"Otherwise they're just building shiny slums."

Others quoted said the city is outdated as it was built around the car and planners should look further back in time for ideas to build the new town.

On the BBC News website Milton Keynes residents have posted comments in response to the feature.

Jeremy Bloss, from Wolverton, said: "It is true that it lacks a certain amount of soul and the shopping is very generic but the road system is excellent and the sports and social amenities are very good too."

"What people don't realise is that Milton Keynes has all sorts of communities ranging from little village areas to Victorian terraces to modern estates within its boundaries.

"If you ask someone from Milton Keynes if they like living there you will be surprised how positive people are in their response."

Symbol of the city: MK's repaired concrete cows are corralled in Midsummer Place

City hits top of jobs list

MILTON Keynes has topped a list of UK town and cities enjoying the strongest employment growth in the past decade.

The town bucked the trend as half of the UK's most improved centres for jobs growth were in the north of England, research group Centre for Cities found.

Milton Keynes led the list, followed by Portsmouth, Brighton, Derby and Southampton.

The study of 56 towns and cities revealed worrying economic inequalities across the UK with some large areas known for their shiny new buildings being the most unequal.

Grant Seeley, director of investment for Invest Milton Keynes, said: "This is fantastic news and is tribute to the hard work and dedication of the early pioneers and the flourishing business community that has grown in recent history.

"Currently over £1.5 billion of investment is committed to the city and this is translating into architecture, infrastructure and a buzz wherever you go.

"With our premium location and growing skilled labour pool Milton Keynes is well placed to develop as a key part of the national economy in years to come."

Dermot Finch, director of Centre for Cities, said: "These figures show that it's less 'grim up north'. Cities like Warrington and Doncaster are on the up, but need to sustain this momentum over many years if they are going to catch up with the likes of Milton Keynes."

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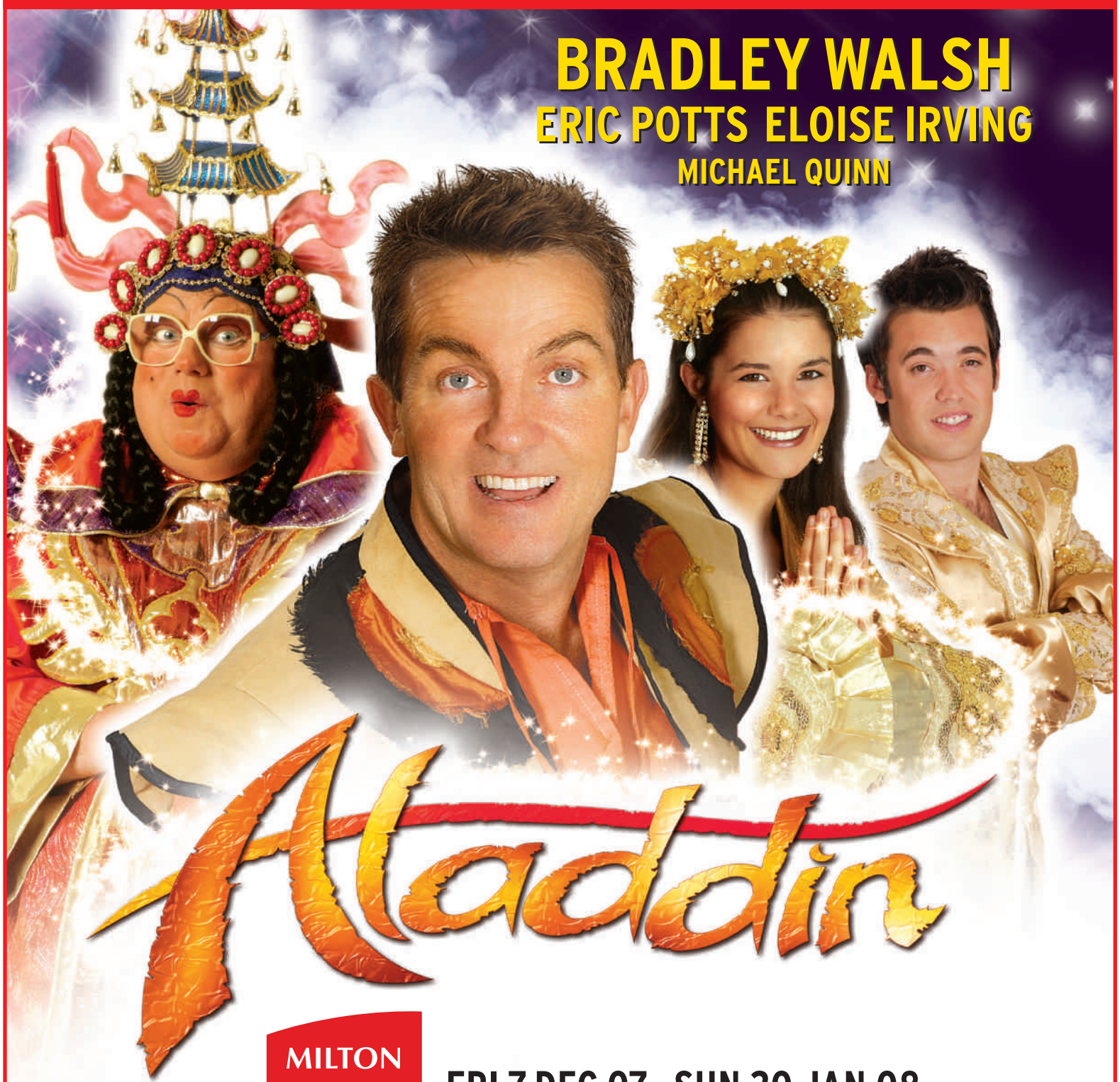

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An artist's impression of the proposed new Tesco store viewed from The Triange Building

Tesco goes public with store plans

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

How Tesco's new store would appear looking east along Stratford Road

TESCO'S plans for a larger store in Wolverton are to be displayed to the public.

The proposals will be explained at an open evening on Thursday.

The plans would see the existing store replaced with a new shop built on stilts, bringing it up to the same level as the shops on Stratford Road and providing a link to the town centre and customer parking below.

The store would be more than twice as big, growing from the current 6,764 square metres to 13,945 square metres.

As reported in MK NEWS in July a residents' group has been set up to campaign against the plans.

Its organiser Jamie Chalmers, from Buckingham Street, Wolverton says the plans are "looming large like the Grim Reaper over the independent businesses in the town".

The group claim there is no need for a larger store and that the net effect to the town and the local economy would be negative.

An online petition set up by the group has been signed by more than 200 people.

But Tesco insists customer feedback has said the store is over shopped and says its proposals will offer a wider range of goods in a modern, comfortable shopping environment, will contribute to the vitality of the local economy and community to ensure long-term success of both the store and the area and, will provide investment and create a further 250 new jobs.

The plans also include custom built premises for the community centre and the Living Archive.

This move will allow space for three new shops on Stratford Road.

The open evening, organised by Wolverton Unlimited and Wolverton & Greenleys Town Council, will be held at St George's Church, Church Street, Wolverton.

Doors open at 6pm and presentations will run at 6.30pm and 7.30pm, followed by questions.

Going, going to celebrity auction

GET face-to-face with some Strictly Come Dancing stars at a packed evening of entertainment at Lovat Fields.

The retirement village at Willen Park is offering a free night of fun starting with a champagne reception and canapes and light buffet.

You will have the chance to meet and watch the dancing stars Vincent and Flavia and then listen to them reveal some secrets from the shows.

Soap addicts can quiz the guest panel which includes Katherine Kelly who plays Coronation Street's Becky Granger and Trudie Goodwin, The Bill's June Ackland, while sports fans will enjoy the banter of Darren Gough and Peter Willey.

There will also be an opportunity to win some fantastic prizes in the celebrity auctionincluding donations from Pele, Ricky Hatton and Sir Geoff Hurst as well as a signed guitar from rock legend Brian May and dancing lessons with Strictly stars Anton and Erin and a chance to dance with Vincent or Flavia on the night.

The event takes place tomorrow night and starts at 7.30pm.

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Buddha hunters fake gold statues

BY ALICIA BABAEE
alicia.babaee@mk-news.co.uk

Cheats never prosper: Four fake Buddhas handed in by hunters

CHEATS desperate to find the four golden Buddhas hidden in Milton Keynes have been faking statues.

The competition began when Buddha Blue nightclub promised to hide four golden Buddha statues in the run-up to Christmas as part of a competition.

Anyone who found one was supposed to follow the instructions set within it to contact Buddha Blue, where they would be given a £100 cash prize.

But wannabe winners have tried to trick the management by handing over alternative golden statues.

Club manager Robin Lyle said: "Since the search for four golden Buddhas began, we have been inundated with people asking for clues to reveal the mystery hidden locations but have remained tight lipped.

"This resistance has lead to a number of people claiming to have found one of the Buddhas and some even go to the extremes of faking their own golden statue.

"We're amazed at the lengths to which people will go.

"Some are very convincing but sadly each one of the real golden Buddhas has a unique code that only the team knows.

"The worst attempt at faking is what looks more like a Father Christmas than a Buddha."

The club has kept the stash of fake Buddhas and says they will be given away to good homes once the competition is finished.

Two of the real golden Buddhas have been found but two remain.

Both the third and fourth are expected to be found before Christmas.

Text 'bblue' free to 07800003282 for a clue and link to Buddha Blue info.

Video conferencing pays of for school's Spanish lessons

A MILTON Keynes School has won a major Internet award for using video conferencing to reach out across the seas to bring innovation to Spanish language lessons.

St Thomas Aquinas Catholic Primary School in Bletchley is to receive £5,000 for its use of video conferencing with the Felix Rodriguez de la Fuentea School in Spain to inspire pupils to learn a language.

The Peter Hemingway Award 2008 award was made by E2BN (East of England Broadband Network) to the St Mary's Avenue school to recognise the way it used technology to deal with recruitment problems finding a teacher to take Spanish classes.

Unable to find a native speaker to teach Spanish at the school, headteacher Monica Basham and languages co-ordinator Paul Philips decided to use technology instead.

Video conferencing allows the children in both schools to see and hear each other in real time. In addition to learning to say 'Halo' and count in Spanish the St Thomas Aquinas children have also been taught to sing a traditional Spanish song.

"The overall standard of entrants was very high," said E2BN chief executive, Chris Kastel, "but we were really very impressed by the way the school has used the broadband connection to enhance the way that a foreign language is taught.

"Being able to speak to native Spanish speakers has improved everyone's accent and pronunciation and the children find the video conferencing very exciting and motivating," said Paul.

"But without the quality and reliability of the E2BN broadband link we would not be able to do video conferencing at all."

Cllr Sandra Clark, cabinet member responsible for schools, said: "It is great to see one of our schools using new technology to help solve a problem."

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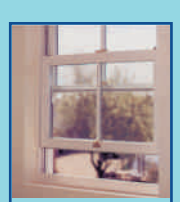

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COMPETITION

Enjoy a meal with Raymond at the new Brasserie Blanc

MKNEWS has teamed up with Brasserie Blanc to offer readers the chance to win a once in a lifetime opportunity to dine with Raymond Blanc at the recently opened Brasserie Blanc (located in the-hub:mk.

One lucky reader along with five guests will enjoy a delicious three-course dinner chosen from the a la carte menu.

Raymond Blanc will join you and your guests for a champagne aperitif in the bar before sitting down for dinner.

Celebrated chef Raymond Blanc OBE launched his seventh Brasserie Blanc in Milton Keynes last month.

The 120-cover French Brasserie & Bar has a warm, stylish interior with terrace tables outside in the warmer months.

Raymond Blanc's first 'Maman Blanc' shop complements the Brasserie, offering a wide range of products, including high-quality prepared dishes for customers to take home.

Everything is made on site in the Brasserie's kitchens. In the evening the shop will transform into a private dining room, seating up to 12 guests.

Hampers filled with delicious, authentic French produce make the ideal gift for both friends and clients.

Raymond Blanc is widely acknowledged as one of the world's finest chefs and has held two Michelin stars at Le Manoir aux Quat' Saisons for the last 22 years.

The flagship restaurant 'Le Petit Blanc' originally opened in Oxford in 1996 and it was Raymond's aim to be the best within the Brasserie scene in England - serving good quality, freshly prepared food at affordable prices.

Brasserie Blanc's success has continued to grow with brasseries located in key provincial towns and cities including; Oxford, Birmingham, Manchester and Leeds.

Raymond Blanc has introduced an exciting menu offering a selection of classic and modern French dishes inspired by Raymond's childhood meals, made by his mother.

The Dine with Wine menu offers a two course lunch or dinner - £11.50 lunch/£15 dinner - and includes a glass of wine.

The Brasserie is open from 10am-10pm for breakfast, brunch, lunch and dinner. Lunch is served from 12 noon until 2.45pm; dinner from 5.30-10pm Monday to Friday. It is also open all day Saturday and Sunday.

Brasserie Blanc Tel: 01908 546590
www.brasserieblanc.com

HOW TO ENTER

To be in with a chance of winning just answer this question:
Where did Raymond Blanc open his first Brasserie?
Send your name, address and telephone number along with your answer to MKNEWS, 1 Diamond Court, Fox Milne, Milton Keynes, MK15 0DU.
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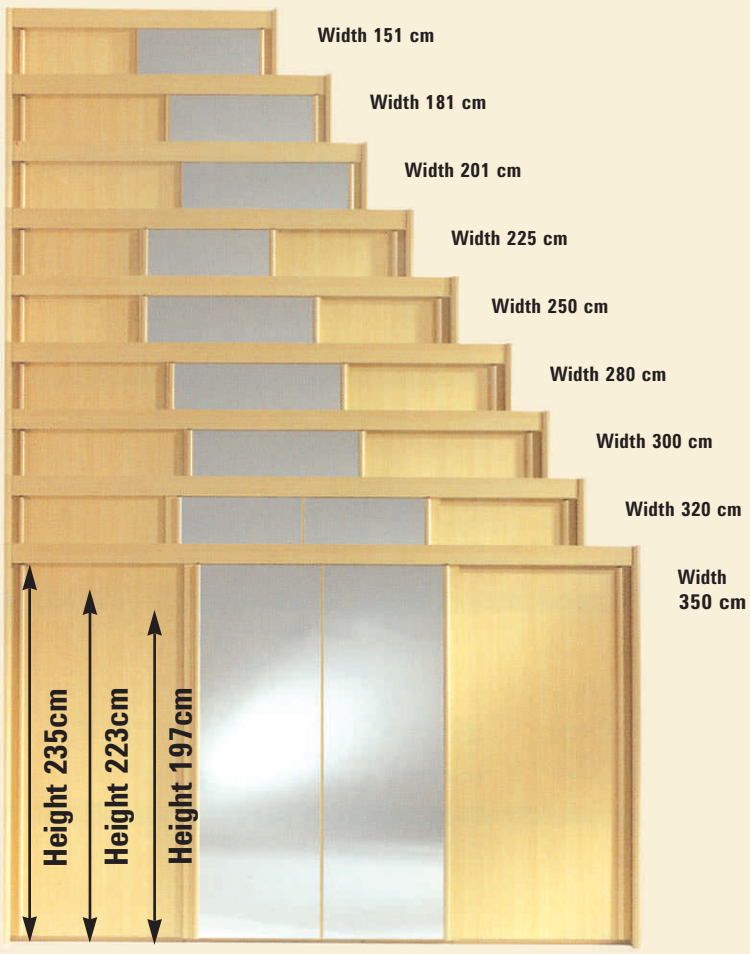

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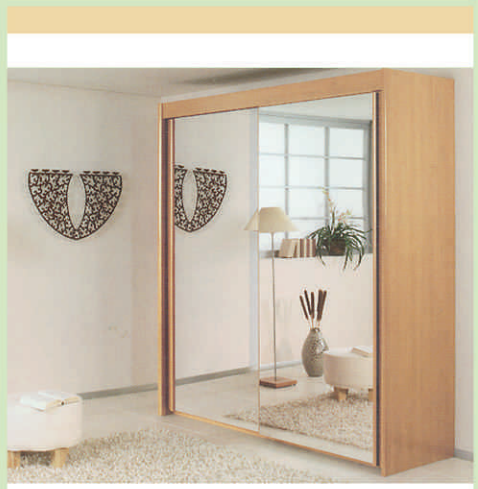

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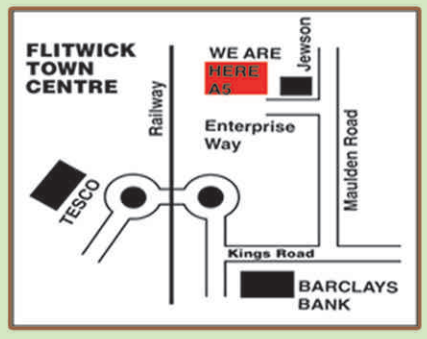

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Shock anti-booze posters backed

BY ROB GIBSON
rob.gibson@mk-news.co.uk

A HEALTH expert has backed a shock campaign targeting young drinkers in Milton Keynes.

Hard-hitting posters have appeared around the city centre, designed to underline the consequences of binge drinking.

The posters include images of a young boy holding a bottle of alcopop while vomiting and a school girl lying unconscious next to an empty bottle of wine.

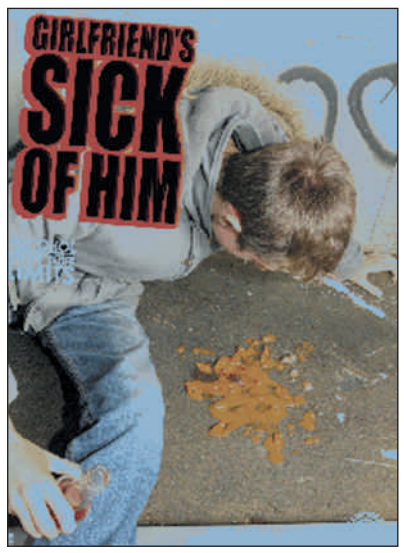
Rachel Flowers, assistant director of public health at Milton Keynes Primary Care Trust said: "Milton Keynes has among the highest rates of hospital admissions attributable to alcohol in the Thames Valley area.

"We welcome this approach in reminding people about the need for moderation during the party season."

The posters were designed by NHS South Central and Thames Valley Police to raise awareness of the issue, particularly among young people.

Inspector John Fox, from Thames Valley Police, said: "Too many people are drinking to excess and putting themselves at risk of becoming a victim or an offender, but that's not a message that's easy to convey to young people.

"What we do know is that they don't want to look foolish in front of their mates and the idea of these adverts is to hopefully curb their drinking by showing them just how unattractive they can look after one too many."



Sick poster: Binge drink brought up

Trolley good show for charity

A CHARITY is making the dream a reality for one lucky person in Milton Keynes.

Macmillan Cancer Support has arranged a trolley dash at Waitrose and will be selling raffle tickets to win this fantastic prize this week outside the store in Central Milton Keynes.

Macmillan fundraiser Rebecca Staden said "Not only will people have the chance to win this fantastic prize but every ticket sold will help fund local Macmillan services to support people living with cancer and their families. So if you are in and around the centre of Milton Keynes pop down and see us, we will be selling tickets all this week outside Waitrose!"

The raffle will be drawn on Horizon radio on Monday, December 17 with the three-minute trolley dash taking place on the evening of Wednesday, December 19.

Tickets are £2 each and terms and conditions apply. If you are interested purchasing tickets, call 01908 565963.

Your child can now star on the front page!
We've teamed up with our friends at thecentre:mk for a great offer...
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MK NEWS
Moley takes to the shops at thecentre:mk for some late night shopping PAGE 16
Weasels cause havoc at this year's Christmas party PAGE 6
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AA671530

COMPETITION

Win a Mac laptop

IF you are struggling to find that perfect present for the man or woman who has everything, then worry no longer.John Lewis has compiled a top ten of must have gadgets which should help your shopping this Christmas be that much easier.

The store at thecentre:mk has just launched its free Technology Advice Service which makes technology available and easy to understand.

MK NEWS has even joined up with John Lewis to give you the opportunity to win a fantastic Apple Mac laptop worth £700.

John Lewis Top Ten must-haves

1 - Canon IXUS 75 Digital Camera - £184
Styled to stand out, the Canon IXUS 75 features a chic metallic finish. Its huge 3 inch LCD allows you to compose and review your shots in rich, vivid detail while the touch control dial allows easy fingertip control.

2 - Pure Evoke -1 XT Marshall DAB radio - £99.95
Rock lovers will be thrilled with this special edition Marshall Evoke 1XT DAB radio. Designed in the style of the iconic Marshall speaker, complete with authentic vinyl wrap.

3 - Bose SoundDock Portable digital music system. £279
Bringing the Ipod into the land of luxury listening, The SoundDock" digital music system was specifically designed to expand and enhance the enjoyment of the music stored on an iPod.

4 - Roberts Gemini 51 digital clock radio, exclusive to John Lewis in pink - £49.95
Listen to crystal clear DAB broadcasts on the Roberts CRD51 radio before drifting off to sleep. The radio also has an FM waveband and large easy to read LCD display to view the time and radio station.

5 - Philips 7FF1M4 LCD digital photo frame, 7 inch - £129
How many digital pictures are hidden on your PC or stuck in your digital camera? With the Philips LCD Photo Frame you can now put them all on view.

6 - iPod Touch - 8Gb £199, 16Gb at £269
The hotly anticipated iPod Touch with the niftiest navigation around: just swish your fingers across the screen to zoom in and out,or flick through albums.

7 - TomTom ONE V3 GPS Satellite Navigation System, UK Maps - £139
Simply plug in, switch on and go. The easy to use Tom Tom ONE 3rd Edition features door to door navigation for the whole of the UK. Make your way with crystal clear 3D and 2D graphics for perfect viewing day or night.

8 - Toshiba Satellite Laptop, L40-14N, 1.46GHz with 15.4 Inch Display - £379
The brilliant value, entry level Toshiba L40-14N is equipped with a bright 15.4" widescreen display, an Intel 1.46GHz processor and 1GB of RAM.

9 - Toshiba SDP1900 portable DVD player - £179
With 5 hours of rechargeable battery life, this is bound to keep the kids happy on long journeys. You won't hear a peep from either them or the Toshiba SDP1900 thanks to the inclusion of 2 headphone sockets!

10 - WMF 1 Coffee Maker, Kiwi 0111 - £79
Small, speedy and superb looking, the WMF 1 is a both a filter coffee machine and a design object. It makes one 125ml cup of fresh coffee in under a minute.

HOW TO ENTER

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Bells stop thieves bagging your bag

BY ALICIA BABAEE
alicia.babaee@mk-news.co.uk

Sound sense: Bells on bags could alert shoppers to snatchers

SLEIGH bells ring... but what about your purse bells?

This year Christmas shoppers are encouraged to attach bells to bags and purses to protect their belongings.

Hobbycraft has donated the bells to crime experts Partners Against Crime (Pac) and Thames Valley Police who will be handing 200 of them out across the city.

Noisy tinkling festive bells make life harder for would-be thieves and pick-pockets.

The initiative was a success last year, but this year the bells are bigger and louder.

Ali Gillings from Pac said: "We are a very safe town centre and give this out purely to raise awareness and as a precautionary measure.

"People who tend to be targeted for such crime are the elderly and people with prams/pushchairs.

"We hope that by giving the bells out we may be able to stop this from happening over the Christmas period."

A leaflet has also been printed advising people on tips for happy Christmas shopping.

These include ensuring your handbag is fastened, only keeping items you need in your bad, keeping your card and cheque book separately, using a bag that has a strap across your body, and keeping your purse at the bottom of your bag

The leaflets are on the counters in various shops including Argos, John Lewis, Mothercare & Mamas and Papas.

They will also be distributed at the hospital's in the maternity ward.

Shoppers are also advised not to leave bags on pushairs, not to put bags down, and to be aware of who is around you.

HobbyCraft offers a choice of craft bells in a variety of colours, ranging from traditional jingle bells to miniature cow bells, that are fun for embellishing bags and purses.

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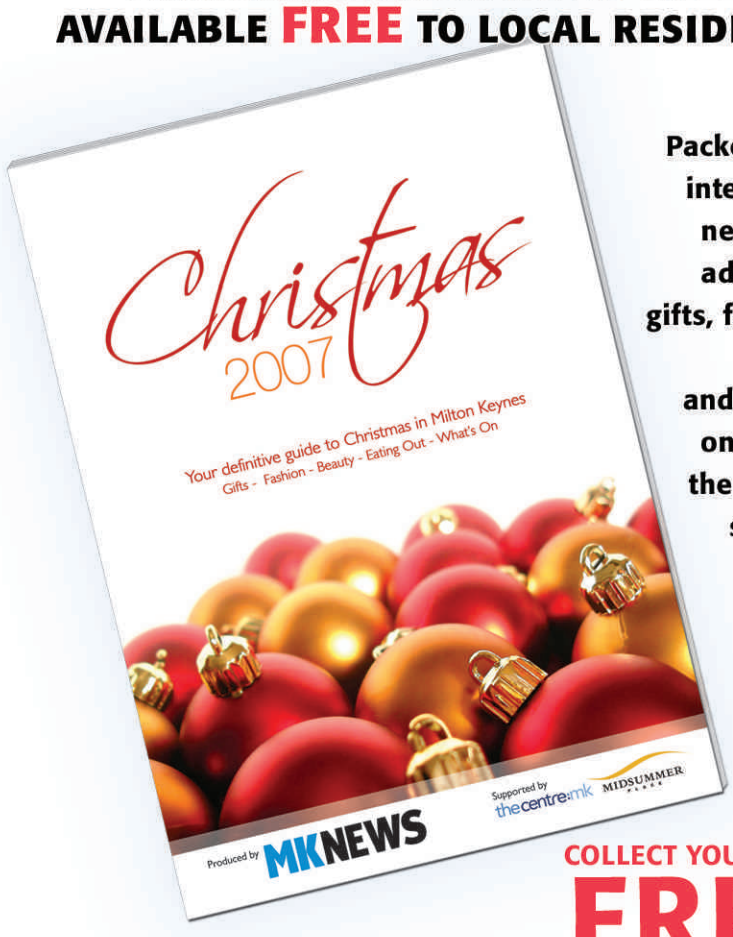

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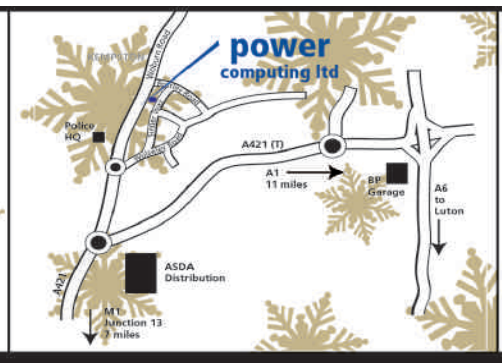

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The annual Christmas Ice Show is once again taking place at Planet Ice.

The show which is this year based around the theme A Night at the Movies features skaters aged three to 50-plus and all level of ability.

The dedicated skaters give up their time before and after school or work to attend lessons

The event takes place on December 20 and 21.

For ticket details contact 01908 696 696) or www.planet-ice.co.uk

Snow business like show business

STARS from The Snow Queen took time off from rehearsing their Christmas production at The Stables to have some fun in the snow at the Xscape's Snozone.

The show which runs until early January is a fantasy tale set in a world of snow topped mountains and gigantic glaciers within which lies a sparkling palace. A story of good versus evil plays out as the Goddesses of Spring try to overcome the Snow Queen, who will not rest until all things good are turned bad.

The spectacular show takes place in a stunning setting and will entertain the whole family over the festive season.

The Snow Queen opens on December 19.

Tickets on 01908 280800.

On the slippery slope: Max Hoare as Frey, Jacqueline Redgewell as Granny, Karen Fisher-Pollard as the Snow Queen, Bibi Nerheim as Gerda and Morgan Philpott as Kai

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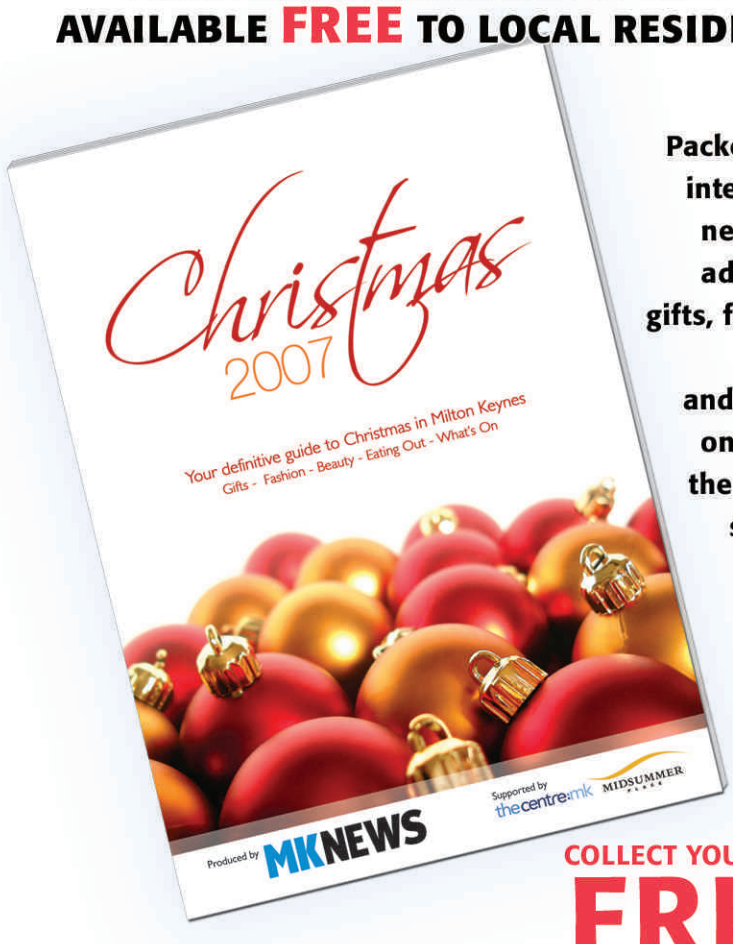

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Mayor's 'thank you'

CITY residents have been praised for helping make the Royal visit such a success.

Her Majesty The Queen visited Milton Keynes for the first time since 1992 last month to mark the town's 40th anniversary officially opening the thehub:mk, the Nigel Mobbs St John Ambulance centre and visited the home of MK Dons at the stadiummk.

In a thank you letter to the people of Milton Keynes Mayor Mike Barry said: "HRH the Duke made me smile with his parting comment to everyone he met "Have a Happy Christmas" and I would like to echo that.

"I would also like to thank and congratulate everyone who contributed to the fantastic visit of Her Majesty the Queen and HRH Prince Phillip.

"Many hours of preparation, rehearsal, project and planning meetings took place to ensure the success of the event.

"The performances in the hub confirmed the vision of how vibrant and cosmopolitan the city centre will become.

"The children at the stadiummk gave a spectacular performance and I know that Her Majesty was left in no doubt that Milton Keynes should become a city. To be escorted from the stadium by skateboarders is something I am sure Her Majesty will never forget.

"I know that all the members of St John Ambulance were thrilled that the Queen opened their new centre at Greenleys.

"It was a special day and one that many people will cherish and remember for years to come.

"The people of Milton Keynes showed their pride in delivering a really warm and enthusiastic welcome for the Royal couple."

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HOTPOINT VTD60P AQUARIUS +Vented dryer £183.85 (on-line price £171.02)

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RANGE COOKERS
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HOTPOINT EG1000EX 100cm Dual fuel £824.99 (on-line price £767.00)

DISHWASHERS
SMEG DI612CA 60cm Cucina £289.20 (on-line price £269.02)
BEKO DWD4310W 12 place setting £188.20 (on-line price £175.07)
HOTPOINT FDW80P Ultima full size £267.54 (on-line price £248.87)
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HOTPOINT EW84P Intelligent System electric £427.76 (on-line price £397.92)
BELLING 668 60cm in satin steel £548.33 (on-line price £510.07)
BEKO D533W 50cm waist level. Electric £207.58 (on-line price £193.10)
CANNON 535cm Gas lidded single oven. Stratford £319.24 (on-line price £296.97)

AMERICAN side by side
BEKO AP930X frost free F/F £728.93 (on-line price £678.07)
WHIRLPOOL FRSS2VAF20 Total no frost F/F £823.36 (on-line price £765.92)

FRIDGE FREEZERS
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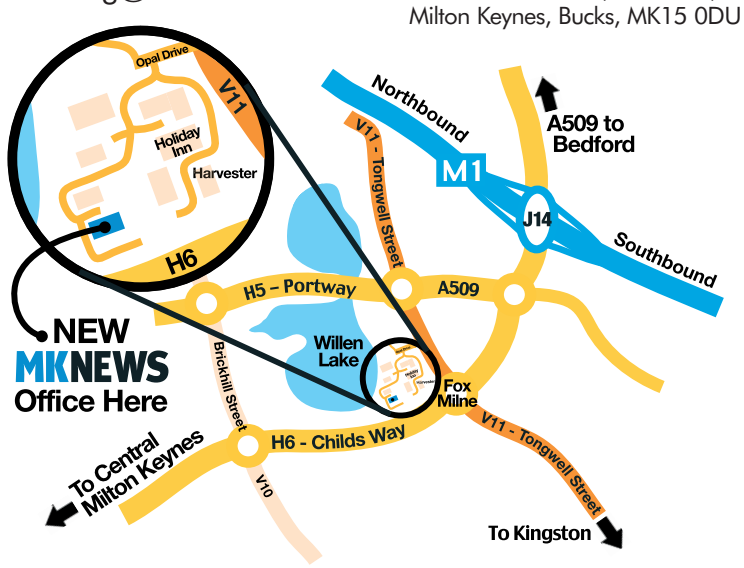

Past, present [illegible] please join us at
our new office [illegible] 9.00am - 5.30pm
(free tea or coffee available!)

COMPETITION

Win a meal for four at Woburn's Swan

PUT pen to paper for your chance to win a meal at The Swan in Woburn Sands which re-opened earlier this year after a major refurbishment.

Located on the High Street in Woburn Sands, The Swan is delighted to team up with the MK NEWS to offer one lucky reader a chance to win a three course meal for four people with a carafe of wine from the new seasonal menu.

Pop along and enjoy the warmth and informal atmosphere of this local, village pub.

The fires will be burning and the bar ready to serve you a welcoming drink. Open from 11am, food is served throughout the day.

Alongside the pub favourites such as pie and wholegrain mustard mash (£8.75), new main dishes include roast Suffolk chicken breast wrapped in air dried Cumbrian ham with wild mushroom sauce, baby potatoes and buttered greens (£10.00) and crab and cod fishcakes with lemon and chive creme fraiche (£8).

Cauliflower cheese has been added to the trimmings with the Sunday roast (£8.50-£9), and for those wanting a lighter snack in the bar there are sharing dishes (from £3.50) and a great sandwich range (from £4.50).

Desserts start from £4.25 and include lemon posset with shortbread, apple crumble with custard, and warm chocolate and hazelnut brownie with vanilla bean ice cream.

The Swan is open every day during Christmas and New Year.

Bookings are being taken now and the Christmas menu is very reasonably priced starting at £15 and £18.50 for two and three courses respectively.

The Swan, High Street, Woburn Sands, Milton Keynes MK17 8RH.

HOW TO ENTER

To be in with a chance of winning just answer this question: What is the Lemon posset served with?

Send your answer along with your name, address and telephone number on the back of a postcard to:
MKNEWS, 1 Diamond Court, Fox Milne, Milton Keynes MK15 0DU.

Editor's decision is final.
Closing date December 20.

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Pennyland £549,995

- 4 Bed Detached
- 1 Bed self contained annexe
- Conservatory
- 3 Reception rooms
- Double garage
- Front garden with pond
- Rear garden with canal view

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Fenny Stratford £159,995

- 3 Bed Victorian style mid terrace
- Lounge
- Dining room
- Fitted kitchen
- Front & rear gardens

STAMP DUTY & LEGAL FEES PAID

Springfield £174,000

- 3 Bed Terrace
- Garage & driveway
- Front & rear gardens
- Double glazed
- Downstairs WC

STAMP DUTY & LEGAL FEES PAID

Buckingham £245,00

- 3 Bed Character property
- Terrace
- Sought after location
- No upper chain
- Fitted kitchen
- Courtyard garden

***** STAMP DUTY & LEGAL FEES PAID *****

Bletchley £119,995

- 3 Bed terrace
- Lounge
- Kitchen
- Double glazed
- Front & rear gardens

STAMP DUTY & LEGAL FEES PAID

Wolverton £170,000

- 3 Bed Victorian Terrace
- Off Road Parking
- Fitted kitchen
- Family bathroom
- En-suite to master

STAMP DUTY & LEGAL FEES PAID

Emerson Valley £189,995

- 2 Bed semi-detached
- Kitchen
- Lounge
- Conservatory
- Garage & driveway

STAMP DUTY & LEGAL FEES PAID

Deanshanger £210,000

- 4 Bed terrace
- Downstairs W.C
- Fitted kitchen
- Ensuite to master
- Allocated parking

STAMP DUTY & LEGAL FEES PAID

New Bradwell £212,995

- 4 Bed townhouse
- Garage & driveway
- En-suite to master
- Downstairs WC
- Lounge with balcony

STAMP DUTY & LEGAL FEES PAID

Wolverton £179,995

- 3 Bed mid-terrace
- Re-fitted kitchen
- Re-fitted 4 piece suite bathroom
- Good decorative order
- Single garage

STAMP DUTY & LEGAL FEES PAID

Bletchley £189,995

- 3 Bed semi-detached
- Re-fitted kitchen
- Re-fitted bathroom
- New carpets through-out
- Garage & driveway

STAMP DUTY & LEGAL FEES PAID

Oxley Park £245,000

- 3 Bed terrace
- New build property
- En-suite to master
- Sought after location
- Garage

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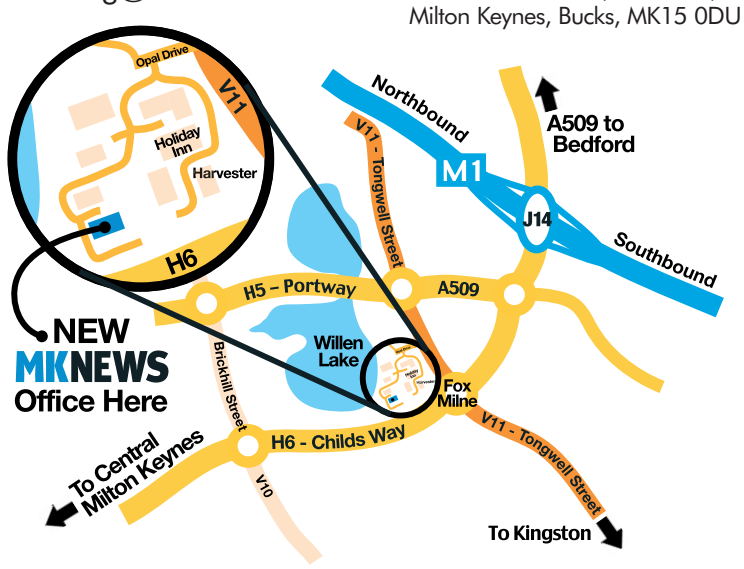

Past, present and future customers, please join us at our new office anytime Monday - Friday 9.00am - 5.30pm (free tea or coffee available!)

Store has green issues in the bag

BY ALICIA BABAEE
alicia.babaee@mk-news.co.uk

CO-OP staff are dreaming of a green Christmas as they urge shoppers to buy fair trade this year.

Local MEP Peter Skinner dropped into the Co-op store in Newport Pagnell last Thursday to talk about green initiatives including the launch of 'naked cucumbers'.

He was joined at the store on Wordsworth Avenue by prospective parliamentary candidate Andrew Pakes who wanted to find out what the retailer is doing about environmental issues and fair trade.

Both politicians have been campaigning to get retailers to cut down on excessive packaging and are encouraging Christmas shoppers to do their bit for the environment this year by choosing products which are less damaging to the environment.

In October, The Co-operative became the first retailer to remove the shrink-wrap plastic from cucumbers.

The 'naked cucumber' move will save an estimated eight tonnes of plastic each year.

Other green initiatives launched this year include the Co-operative Fairtrade cotton Bag for Life.

It is the only UK supermarket bag for life made using Fairtrade-certified cotton and can be composted in the garden when it eventually wears out.

As well as being naturally less harmful to the environment than plastic, a donation from the sale of each bag is made to fund environmental projects in India.

Mr Pakes said: "It is great to see the work being done by The Co-operative on environmental issues. Over the next few weeks the cash tills will be ringing across the city so why not make it a green Christmas?

"The Co-operative has made impressive progress this year by cutting down on unnecessary food packaging and encouraging customers to reduce their reliance on plastic carrier bags.

"As we move into a new year, it is important to think about new ways we can work together to help the environment."

Store manager Jamie Rose said: "As a consumer-owned retailer with strong green credentials, we are committed to reducing food packaging and plastic carrier bag usage. Our commitment to the environment is long standing, and we look forward to continuing to lead the way on green issues."

Santa's coffee costa notta lotta

SANTA will be treated to caffeine boosts by Costa Coffee while he works in the-centre:mk.

Jackie Tracey, project manager of The Wind in Willows Christmas Show at the-centre:mk said: "Santa has his grotto in the glorious Toad Hall.

"Encouraging him to take a well-deserved break is a great idea."

Costa Coffee in Midsummer Arcade in thecentre:mk will be treating Santa to daily cups of coffee in the run up to Christmas

AA671517

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Stratfords

www.stratfords.co.uk

BRADWELL COMMON, MILTON KEYNES

£274,995

An impressive 4 bedroom detached house with double garage. Accommodation includes entrance hall, cloakroom, kitchen, dining room, lounge, 4 bedrooms, en suite and family bathroom. Outside is an enclosed rear garden offering good degree of privacy along with off road parking to front. No upper chain. View to appreciate.

THE ELMS OFF CHURCH GREEN ROAD

£166,500

A rarely available 2 bedroom end of terrace cottage with garage. The property comprises entrance hall, lounge, kitchen / diner, utility room, 2 bedrooms with shower to bedroom one and further bathroom. Outside is an enclosed rear garden and garage. No upper chain.

WEST BLETCHLEY

£147,995

A well presented 2 bedroom end of terrace house. The property benefits from being situated near parkland and within easy reach of schooling and other amenities. the property comprises entrance hall, lounge, kitchen / diner, 2 double bedrooms and bathroom. Ideal first time buy.

WARWICK ROAD, WEST BLETCHLEY

£167,500

An extended 3 bedroom semi detached house situated within walking distance of shops, schools and bus routes. The property comprises entrance hall, lounge, dining room, conservatory, kitchen, cloakroom / utility room, 3 bedrooms, bathroom and WC. Outside is a driveway for 2 vehicles and enclosed rear garden. No Upper Chain.

SHAREDOWNERSHIP OLD FARM PARK

£82,500

A 2 bedroom flat within balcony with walking distance of local shops and parkland. The property comprises entrance hall, lounge / diner , kitchen, 2 bedrooms and bathroom. Outside is allocated parking. 50% share plus £5,000 fixtures and fittings.

CENTRAL BLETCHLEY

£154,995

A 3 bedroom terrace house situated within walking distance to train station and town centre. The property comprises entrance hall, lounge, dining room, kitchen, downstairs shower and bathroom, 3 bedrooms. Outside is a rear garden. No upper chain.

RIVERS, BLETCHLEY

£159,995

A 3 bedroom terraced house with a garage. The property comprises entrance porch, lounge, kitchen / diner and a bathroom. Outside are front and rear gardens with single garage at the rear. Property benefits from gas central heating and PVCu double glazing and is situated on a walkway.

Stratford Property Services are in receipt of an offer for 17 Stuart Close, Bletchley, MK2 2NW of £155,500. Anyone wishing to submit a further offer should contact this office within 7 days of this notice.

MORE PROPERTIES URGENTLY REQUIRED

MK LIFE

YOUR GUIDE TO LEISURE IN YOUR CITY

The Snow Queen at the Stables – see inside

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MKLIFE | TELEVISION

WEDNESDAY
December 12

BBC1

6.00 Breakfast (T) **9.15** To Buy or Not to Buy (R/T) **10.00** Escape to the Country (T) **11.00** Homes under the Hammer (R/T) **11.30** Car Booty (R/T) **12.15** Cash in the Attic (T) **1.00** BBC News; Weather (T) **1.30** Regional News and Weather (T) **1.40** Doctors (T) **2.10** Neighbours (T) **2.35** Diagnosis Murder (T) **3.20** BBC News and Weather (T) **3.25** CBBC **5.00** Blue Peter (T) **5.25** Newsround (T) **5.35** Neighbours (R/T) **6.00** BBC News and Weather (T) **6.30** Regional News Programmes (T)

7.00 **The One Show** Adrian Chiles and Christine Bleakley present a magazine series. (T)
7.30 **Junior Mastermind** John Humphrys poses the questions as four contestants, aged only 10 and 11. (T)
8.00 **Watchdog** More topical reports and investigations into consumer issues from Nicky Campbell, Julia Bradbury, Paul Heiney and the team. (T)
8.30 **Cars, Cops and Bailiffs** (T)
9.00 **Traffic Cops** Documentary series following the traffic police as they enforce the law on some of Britain's busiest and most dangerous roads. (T)
10.00 **BBC News; Regional News; Weather** (T)
10.25 **Regional News Programmes** (T)
10.35 **The National Lottery Draws**
10.45 **The Pink Floyd Story: Which One's Pink?** (T)
11.45 **FILM: Needful Things** (1993) Supernatural thriller based on a novel by Stephen King. A mysterious old man arrives in a small town and opens an antiques shop where the customers can find their heart's desire - unaware of the ultimate price they must pay. With Ed Harris, Max von Sydow and Bonnie Bedelia. (T)

1.40 Weatherview **1.45** Sign Zone: Antiques Roadshow (R/T) **2.45** Earth: The Power of the Planet (R/T) **3.45** Rogue Traders (R/T) **4.15** Heir Hunters (R/T) **5.00** Joins BBC News 24 (T)

BBC2

6.00 CBeebies: Balamory (R/T) **6.20** Doodle Do (T) **6.40** Boogie Beebies (R/T) **6.55** Lazytown's Mini Workout (R/T) **7.00** CBBC: Yvon of the Yukon (R/T) **7.25** Newsround (T) **7.30** Whizz Whizz Bang Bang (R/T) **7.55** Extreme Animals (R/T) **8.30** CBeebies: In the Night Garden (R/T) **9.00** Me Too! (R/T) **9.20** Pingu (R/T) **9.30** Jakers: The Adventures of Piggley Winks (R/T) **9.55** Mr Tumble (R/T) **10.00** Pinky Dinky Doo (R/T) **10.15** Schools: Numberjacks (R/T) **10.30** The Flying Gardener (R/T) **10.45** Family Xchange (R/T) **11.30** The Daily Politics (T) **1.00** See Hear (T) **1.30** Working Lunch (T) **2.00** Snooker: UK Championships (R/T) **5.15** The Weakest Link (T) **6.00** Eggheads (T) **6.30** Strictly Come Dancing: It Takes Two (T)

7.00 **Snooker: UK Championships** Hazel Irvine introduces coverage from the quarter finals of the UK Championship, where a prize fund of almost 600,000 pounds is up for grabs. (R/T)
8.00 **Ben's Zoo** (T)
9.00 **Can Gerry Robinson Fix the NHS?** Last year, management guru Sir Gerry Robinson came to help Rotherham District General Hospital. He found waiting lists, low staff morale and terrible relations between consultants and managers: but turned it all around. What will he find on his return? (T)
10.00 **The Best Bits of Catherine Tate** Highlights from the award-winning sketch show, featuring Lauren, Nan and a gallery of other characters. (R/T)
10.30 **Newsnight** Comprehensive coverage of today's important national and international news stories. (T) (Followed by Weather)
11.20 **Snooker: UK Championships Highlights** Hazel Irvine introduces action from the Telford International Centre as the first two quarter finals in this year's UK Championship are played to a conclusion. (T)

12.10 Joins BBC News 24 **5.05** Close

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.10** ITV News Headlines (T) **11.15** Anglia News and Weather (T) **11.20** This Morning (T) **12.30** Loose Women (T) **1.30** ITV Lunchtime News and Weather (T) **2.00** 60 Minute Makeover (T) **3.00** Rosemary Shrager's School For Cooks (T) (Followed by Local Weather) **4.00** Midsomer Murders (R/T) **5.00** Chris Tarrant's Great Pretender (T) **6.00** Anglia Tonight (T) (Followed by Weather) **6.30** ITV Evening News and Weather (T)

7.00 **Emmerdale** Jimmy and Carrie discover a drunken Scarlett at her party. Matthew is charged with Rosemary's murder. (T)
7.30 **Coronation Street** Jim's behaviour surprises Liz. David turns on the charm - to Sarah's chagrin. (T)
8.00 **The Bill** Stuart discovers that Trevor is the dangerous drug dealer known as The Postman and is stunned when he tells him that he has been paying money into Stuart's bank account and has incriminating photos which could implicate him in the deals. (T)
9.00 **FILM: Ocean's Twelve** (2004) Slick crime caper sequel. Casino mobster Benedict knows who stole his money and he wants it back. The thieves have just two weeks to steal $190 million, but who is the mystery thief competing for the loot? Continues after the News. (T)
10.30 **ITV News and Weather** A round-up of the latest news headlines plus a national weather forecast. (T)
11.05 **FILM: Ocean's Twelve** (2004) Conclusion of tonight's crime thriller, starring George Clooney, Brad Pitt and Julia Roberts. (T)

12.05 ITV Play: Make Your Play (T) (Followed by ITV News Headlines) **4.15** The Jeremy Kyle Show (R/T) **5.10-5.55** CITV **5.55** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **6.35** The Hoobs (R/T) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R/T) **7.50** Just Shoot Me (R/T) **8.20** Frasier (R/T) **8.50** Frasier (R/T) **9.20** ER (R/T) **10.15** Without a Trace (R/T) **11.05** Without a Trace (R/T) **12.00** News at Noon (T) **12.30** Come Dine with Me (R/T) **1.00** How Clean Is Your House? (R/T) **1.30** **FILM: The Malta Story** (1954) War movie starring Jack Hawkins. (T) **3.25** Countdown (T) **4.15** Deal Or No Deal (T) **5.00** The Paul O'Grady Show (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** Includes sport and weather. (T)
7.55 **3 Minute Wonder** (T)
8.00 **How to Look Good Naked** Fashion stylist Gok Wan presents the fashion and consumer series that shows women how to look great with their clothes on, and off. (T)
9.00 **The Secret Millionaire** This week, the programme follows multi-millionaire Mo Chaudry who made his fortune having fun as the owner of Waterworld, the biggest aqua park in the UK. (T)
10.00 **The End Of The World Cult** An insight into the world of Michael Travesser who claims to be the Messiah. He claims that 31 October 2007 was Doomsday and at midnight on that date there will be an event of apocalyptic proportions, marking the end of the world. (T)
11.05 **Ramsay's Kitchen Nightmares** Another chance to see yesterday's new episode, as Gordon tackles an Indian restaurant for the first time. (R/T)

12.10 First Cut: Happy Birthday, You're Dead (T) **12.40** Studio 60 On The Sunset Strip (T) **1.25** Studio 60 On The Sunset Strip (T) **2.15** King of the Hill (T) **2.40** King of the Hill (T) **3.05** Humdrum (R/T) **3.10** Mesh: Love Tube (R/T) **3.15** Johnny Vegas's Guide To... Evangelical Christianity (R/T) **4.15** The Enemies Of Reason (R/T) **5.15** In Your Dreams (R/T) **5.25** Countdown (R/T)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (R/T) **11.30** five news (T) **12.00** Home and Away (R/T) **12.30** Cooking the Books (R/T) **1.00** Hanrahan Investigates (T) **1.30** **FILM: Danielle Steel's Message From Nam** (1993) Conclusion of a two-part film with Jenny Robertson. (T) (Followed by five news update) **3.30** **FILM: Perry Mason: The Case of the Shooting Star** (1986) Legal drama with Raymond Burr. (T) **5.30** five news (T) **6.00** Home and Away (T) **6.30** Cooking the Books (T)

7.00 **five news** National and international news. (T)
7.30 **House Doctor** Ann Maurice provides home-improvement advice for properties that are proving difficult to sell. In this edition, she visits a cluttered house in Cradley Heath. (R/T) (Followed by five news update)
8.00 **Diet Doctors: Inside & Out** The team comes to the aid of 43-year-old Sue Appleton, a mayoress suffering from chronic gastric reflux, hot flushes, high cholesterol and pre-diabetes. (T)
9.00 **The Spice Girls on Trial** Documentary analysing the Spice Girls' contribution to popular culture, combining interviews with key witnesses. (T)
10.00 **FILM: An Officer and a Gentleman** (1982) Romantic drama set against the backdrop of a tough training school for American navy pilots. One of the new intake falls foul of the hard-as-nails drill sergeant but takes it on the chin and finds the strength to help a fellow student who is feeling the pressure. In their time off, the boys meet a couple of local factory girls, and the stories of their cadetships and romances unfold in parallel. With Richard Gere, Debra Winger and Louis Gossett Jr. (T)

12.30 Poker: Women's World Open (T) **2.00** NHL Ice Hockey **4.45** UEFA Cup Football **5.10** ITU Triathlon

SATELLITE

SKY ONE
6.00am Cruise with Stelios: Caribbean **6.30** Lion Man **7.00** Malcolm in the Middle **7.30** Are You Smarter Than A 10 Year Old **8.30** Malcolm in the Middle **9.00** The Dog Whisperer **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Are You Smarter Than A 10 Year Old **1.00** Cruise with Stelios: Caribbean **1.30** Lion Man **2.00** Bones **3.00** Stargate SG-1 **4.00** Stargate SG-1 **5.00** Are You Smarter Than A 10 Year Old **6.00** Futurama **6.30** The Simpsons **7.00** The Simpsons **7.30** Champions League Live **10.00** Ross Kemp On Gangs **11.00** Road Wars **12.00am** Law & Order **1.00** Law & Order **1.50** Tenerife Uncovered **2.40** Tenerife Uncovered **3.30** Nip/Tuck **4.20** Nip/Tuck **5.10** Guilty!

ITV2
6.00am GMTV2 **9.25** Coronation Street **9.55** Emmerdale **10.25** The Montel Williams Show **11.10** Judge Judy **11.35** Judge Judy **12.00pm** Judge Judy **12.30** Coronation Street **1.00** Emmerdale **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.40** The Ricki Lake Show **4.20** Sally Jessy Raphael **5.00** Airline **5.35** Judge Judy **6.00** Xtra Factor: Best & Worst **7.00** The New Adventures of Superman **8.00** **FILM:** Twins **10.05** Coronation Street **10.35** **FILM:** The Bourne Supremacy **12.40am** Jack Osbourne: Mongol Rally **1.35** Teleshopping **4.35** ITV2 Nightscreen

BBC3
7.00pm Doctor Who **7.50** Doctor Who Confidential **8.00** All New House of Tiny Tearaways **9.00** Looking After Mum **10.00** **FILM:** The Mothman Prophecies **11.50** The Mighty Boosh **12.20am** Looking After Mum **1.15** The Great British Booze Awards **2.15** The Mighty Boosh **2.45** All New House of Tiny Tearaways **3.40** The Great British Booze Awards **4.40** Close

BBC4
7.00pm World News Today **7.30** Pop Go the Sixties **7.35** Batman **8.00** Demob Happy **9.00** Russell Brand on the Road **10.00** Love Soup **11.00** One Foot in the Grave **11.30** Mark Lawson Talks to David Renwick **12.30am** George Melly's Last Stand **1.30** George Melly and John Chilton's Feetwarmers Brecon Jazz 2000 **1.50** Smokey Dives **2.50** Demob Happy **3.50** Close

AA670871

thecentre:mk

www.thecentremk.com

Visit this page each week for all the up to date news about events, special offers and promotions in the Shopping Centre

Late Night Shopping

Until 31st December 2007
Why rush around at lunch time when you can enjoy leisurely Christmas shopping in the evenings with free parking after 6pm.

Weekdays	9am - 9pm
Saturdays	9am – 7pm
Sundays	11am – 5pm
Christmas Eve	9am – 5pm
Christmas Day	Closed
Boxing Day & New Years Day	11am – 5pm.

The times shown are the opening hours for the shopping centre. Individual store opening times may vary.

Gordon Ramsay

13 December 4.30 – 5.30pm
Don't miss the straight talking Celebrity chef, Gordon Ramsay at WH Smith. He will be signing copies of his new book, Gordon Ramsay's Playing with Fire.

Wind in the Willows Christmas Show

Until 2 January 2008
Have you seen our spectacular Christmas Show with its magical snowy riverbank full of charming woodland characters, thousands of twinkling lights and double decker Carousel in Middleton hall? Badger, the storyteller for the show performs every 20 minutes – on the hour, 20 minutes past and 40 minutes past.

Save time and book online to see Santa inside stately Toad Hall (until 1pm 24 December). A visit per child is £6.50 and includes a lovely gift. You can book at www.thecentremk.com, call 0870 890 2606, or pop in to the Boathouse ticket office in Middleton Hall near Mothercare.

A very special Santa Photo

Have a special photograph taken with Santa when you visit the Grotto and have it printed out as a MK News mock front cover in the Wind in the Willows theme. It costs only £5.00 and is available from the Photo Cabin in Middleton Hall.

Storytelling session

Wed 12th Dec
Arena Touring Theatre will be performing their dramatic storytelling of "The Wind in the Willows" in Middleton Hall at 4.30 pm for 45 minutes. Their colourful and fun style is aimed at encouraging children to use their imaginations and to use toys to make their own plays and stories.

Whittlebury Hall

THE DAY SPA

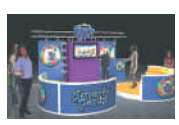
Sponsor of thecentre:mk Christmas Show
Would you like some help to alleviate stress and promote wellbeing? Then visit the Day Spa - Whittlebury Hall in Middleton Hall, next to Pizza Express until 31 December. They are offering customers the opportunity to purchase Spa Experience Days and Gift Cards.

Silverstone Experience

SILVERSTONE

Silverstone's exhilarating driving experiences make fabulous gifts. For only £99 you can choose between the Lotus Exige, Single Seater or Rally Experience. Available to buy from the Silverstone stand outside Gap Kids on Silbury Arcade from 8-16 December.

EA Games: Smarty Pants



14 December
Here's your chance to show your friends and family what a clever clogs you are. Get involved with our ULTIMATE Smarty Pants tour, the gameshow to end all gameshows. Take on friends and families of all ages to win a range of great prizes by demonstrating your knowledge and skill on EAs latest Nintendo Wii™ title.

Canon Christmas Card

you can Canon

15th -16th December
Come along and get your photo taken on the official Simpsons couch and get it printed out to create your own personal Christmas card. Plus, enter competitions to win Canon digital cameras and SELPHY printers, the brand new Simpsons Movie on DVD and other fun goodies.

Christmas gift idea!! Buy a memory for a loved one

Get a discounted Proms in the Park ticket for the 19 July at exclusive 'early bird' prices from Customer Services near Bhs on Silbury Arcade

pineapple Dance Party

22 December 12 – 6pm
Come and join the fun! The Pineapple Dance Troupe and celebrity choreographers Paulette Minott and Louie Spence will show you some dance moves and if you spend £40 or more, you will be invited to an exclusive dance class in Covent Garden. You will be taught by Sugarbabes choreographer and 'Bump'n'Grind' judge, Paulette Minott and Sky 1's 'Cirque de Celebrité' judge Louie Spence.

sky

Sponsor of thecentre:mk Christmas Show.
For your complete entertainment experience, visit the brand new 'store without walls' on the mall – Midsummer Arcade near the market doors or on Silbury Arcade by Queens Court.

Park and Ride
Park Free, pay on the bus. Use the Christmas Park and Ride facility to get to thecentre:mk. Park FREE at The Bowl or Campbell Park and take advantage of low fares and saver fares for the bus journey. Visit www.thecentremk.com for details.

Diary Dates

Milton Keynes Caravan Show
10 -13 January 2008

Motor Show
15 – 20 January 2008

Our Place: MK Pioneers and Heroes
22 – 23 January 2008

MUSIC REVIEWS

THANKS to digital downloads taking over the singles chart anything can get in, whether it's in the shops or not. This means that every Christmas from now on the chart is going to be swamped with ancient Christmas singles. Here are three examples. God help us, everyone!

ALL I WANT FROM CHRISTMAS IS YOU

Maria Carey

SO, first out of the blocks this year was the Mariah Carey standard from 1994, and it's already bounding up the Top 40 like an eager puppy, which is an interesting analogy to use considering Ms Carey could probably attract dogs from miles around with that high-pitched squeal of hers.

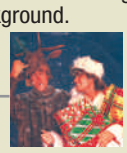
Now, I quite like it for a Christmas song, which is odd because I've never been a fan of her vocal acrobatics, but to be fair she only really does that at the very start before the song bursts into life.

It is a full routine though, with somersaults and cartwheels. However, it's not enough to put me off completely. Is it a proper Christmas song, though? Let's go through the checklist:

■ Sleighbells playing throughout – CHECK.
■ Repeated mentions of Christmas – CHECK.
■ Children singing – NO.
■ Snow featured in the video – CHECK.
■ Presents being opened in the video including a live rabbit (how the devil was that wrapped?) – CHECK.
■ Singer encounters Father Christmas in the video – CHECK.

Well, I'd say that's pretty conclusive, although your typical festive release really should have a choir of anklebiters warbling away out of tune in the background.

LAST CHRISTMAS



Wham!

THE sleighbells are on hand (as are some unfeasibly big hairdos), and so are the festive mentions, and seeing as there are some extensive amounts of skiing going on, the video's packed with snow, but that's it.

No kids, no presents being opened (although marks awarded for decorating the tree), no Santa and not much joy either.

Still, if you like your Yuletide fare to include songs about blokes getting cheated on by their girlfriends during the holiday season, this'll be right up your street.

Personally, I've never got on with this one. Ah well.

MERRY CHRISTMAS EVERYONE

Shakin' Stevens

WELL, I think it's fairly safe to say that everyone knows this one.

This song contains more cheese than a fondue party in Wensleydale, but somehow even I can listen to it without getting annoyed and that's saying something.

You may not know this, but although it was the 1985 Christmas Number One, apparently it should actually have come out a year earlier, but Shaky held it back because of Band Aid. Little known fact, that.

However, have you seen the video? Even Santa Claus – The Movie isn't as festive as the video to Merry Christmas Everyone. Shaky's shacking up withSanta and he even gets to wander around the toy factory while the elves and children are busy making the toys. I know, children making toys. Then he goes outside and gets his backside royally kicked in a snowball fight while a giant snowman comes to life and joins in.

Finally everybody is standing behind him with flaming torches.

Be concerned for the snowman!

SIMON DARNELL

FILM REVIEWS

Odeon 0871 2244 007 Cineworld 0871 200 2000

Honey trap: Barry B Benson (Jerry Seinfeld) and Adam Flayman (Matthew Broderick) study at bee college

BEE MOVIE

Uma Thurman, Alan Arkin, Patrick Warburton, Rip Torn, Oprah Winfrey, William H Macy, Robert Duvall, Kathy Bates, Tim Blake Nelson, Matthew Broderick, Jerry Seinfeld, Renee Zellweger

From Friday

BARRY B Benson (Seinfeld) is a bee. Fresh out of bee college and about to choose his lifelong career in honey, he longs for more. During an adventure outside, he breaks the rules and speaks to human florist Vanessa (Zellweger), and is outraged to discover that humans are stealing the bees' produce for their own consumption.

ENCHANTED (PG)

James Marsden, Amy Adams, Susan Sarandon, Patrick Dempsey

From Friday

THE good news: animated Disney princess Giselle (Adams) has found true love with a prince (Marsden). Bad news: his stepmother (Sarandon) doesn't want him to create a new queen, so she banishes Giselle to real-world New York, which doesn't gel with her fairy-tale ways.

WE OWN THE NIGHT (15)

Joaquin Phoenix, Mark Wahlberg, Eva Mendes, Robert Duvall

From Friday

NEW York City, 1988. Club manager Bobby Green (Phoenix) hasn't told his criminal associates that his brother Joe (Wahlberg) and father Burt (Duvall) are prominent policemen. When Joe is seriously injured, Bobby resolves to take up his crusade.

MR MAGORIUM'S WONDER EMPORIUM (U)

Jason Bateman, Natalie Portman, Dustin Hoffman, Zach Mills

From Friday

MR Magorium (Hoffman) decides the time has come to leave his magical toy shop in the hands of his assistant, Mahoney (Portman). But the frustrated young woman isn't sure she has what it takes to run the Wonder Emporium.

THE OXFORD MURDERS

John Hurt, Elijah Wood, Leonor Watling, Alex Cox

From Friday

SET at Oxford University, Professor Arthur Seldom (Hurt) and his student Martin (Wood), join forces to discover the truth behind a series of puzzling murders...

YOUTH WITHOUT YOUTH (15)

Tim Roth, Matt Damon, Alexandra Maria Lara, Bruno Ganz, Andre Hennicke

From Friday

BUCHAREST, 1938. Dominic Matei (Roth) is struck by lightning and comes out of bandages a much younger man, with paranormal abilities. After the War, he meets the apparent reincarnation of his lost love (Lara), also struck by lightning and possessed by a medieval Indian woman.

HIS DARK MATERIALS: THE GOLDEN COMPASS

Ben Walker, Ian McKellen, Ian McShane, Jim Carter, Tom Courtenay, Charlie Rowe, Clare Higgins, Steven Loton, Sam Elliott, Nicole Kidman, Eva Green, Daniel Craig, Dakota Blue Richards

Now showing

BASED on the first book of Phillip Pullman's His Dark Materials trilogy, The Golden Compass (we know it as Northern Lights) is set in a parallel universe, where young Lyra Belacqua and her daemon Pantalaimon must journey to the far North to save her best friend from terrible experiments by a mysterious organization.

SOUTHLAND TALES

Dwyane 'The Rock' Johnson, Sarah Michelle Gellar, Seann William Scott, Kevin Smith, Curtis Armstrong, Justin Timberlake

Now showing

A THIRD World War has broken out in 2008 and Hollywood action star Boxer Santaros (Johnson) has gone missing. When he reappears, tattooed and shacked up with a porn star (Gellar), things really get weird.

CODE NAME: THE CLEANER (PG)

Cedric The Entertainer, Lucy Liu, Nicollette Sheridan

Now showing

JAKE is a seemingly regular guy who, after suffering a knock to the head, becomes convinced he is an undercover agent.

COMPETITION

IMAGINE being able to watch any film, any day, any time and at any Cineworld Cinema from just £11.99 a month* - now you can with the Cineworld Unlimited Card.

In addition card holders will receive preferential invitations and discounted tickets to Cineworld special events, exclusive advance screenings, competitions, and cinema food/drink offers.

Signing up is easy, just pop into Cineworld where a member of staff will be happy to help you fill in your application. Or apply online at: www.cineworld.co.uk

*Conditions apply – 12 month minimum contract.

MK NEWS has teamed up with Cineworld in Milton Keynes to give away one unlimited card giving the winner a years free cinema. Just send an e-mail to: competitions@mk-news.co.uk complete with your name, address and contact telephone number by December 21. First drawn out of the hat wins. Editor's decision is final

LATE NIGHT SHOPPING

SHOPPERS can get it all late at night as thecentre:mk announces late night shopping hours for Christmas, along with a reminder to visitors that parking in the city is free after 6pm.

With a limited number of shopping days left until Christmas, thecentre:mk has teamed up with Midsummer Place to offer extended opening hours from 9am till 9pm weekdays throughout December.

Some of the larger stores remain open till 10pm.

On Saturdays the centre will open from 9am till 7pm and on Sundays and bank holidays from 11am till 5pm.

The Christmas Show, which has free entry, will be open during these hours until January 2.

The only day the centre closes is on Christmas Day.

Special Christmas leaflets are available in centre, with a convenient credit-card size pop-out card to keep as a reminder of the opening times. Shoppers who pick up this leaflet can also take advantage of the special offer on the back to get a free kid's meal at Pizza Express.

A full programme of entertainment, bands and choirs will entertain shoppers throughout Christmas to ensure a truly festive atmosphere.

MKLIFE | TELEVISION

THURSDAY
December 13

BBC1

6.00 Breakfast (T) **9.15** To Buy or Not to Buy (R/T) **10.00** Escape to the Country (T) (Followed by BBC News; Weather) **11.00** Homes under the Hammer (R/T) **11.30** Car Booty (R/T) (Followed by BBC News; Weather) **12.15** Cash in the Attic (T) **1.00** BBC News; Weather (T) **1.30** Regional News and Weather (T) **1.40** Doctors (T) **2.10** Neighbours (T) **2.35** Diagnosis Murder (T) **3.20** BBC News and Weather (T) **3.25** CBBC **5.25** Newsround (T) **5.35** Neighbours (R/T) **6.00** BBC News and Weather (T) **6.30** Regional News Programmes (T)

7.00 **The One Show** Adrian Chiles and Christine Bleakley present a magazine series featuring a mix of interviews, topical reports and features from around the UK. (T)

7.30 **EastEnders** Phil and Max join forces to see off Jack for good. Events take an unexpected turn for Tanya. (T)

8.00 **Waterloo Road** Matt is thrown into a panic when Rachel announces the school musical is to be performed earlier in the day for a VIP audience. (T)

9.00 **The Street** Paul Billerton strikes up a relationship with a local girl, but lets slip he is carrying a terrible secret and refuses to elaborate. (T)

10.00 **BBC News; Regional News; Weather** A round-up of national and international news. (T)

10.25 **Regional News Programmes** (T)

10.35 **Question Time** Topical debate chaired by David Dimbleby. (T)

11.35 **This Week** A political review of the week presented by Andrew Neil and his resident helpers Michael Portillo and Diane Abbott. (T)

12.20 Skiing Weather **12.25** Sign Zone: Panorama (R/T) **12.55** Nigella Express (R/T) **1.25** Heston Blumenthal: In Search of Perfection (R/T) **1.55** Oz and James's Big Wine Adventures (R/T) **2.25** The Company (R/T) **3.55** Heir Hunters (R/T) **4.40** Joins BBC News 24 (T)

BBC2

6.00 CBeebies **7.00** CBBC **10.15** Schools **12.00** The Daily Politics (T) **12.30** Working Lunch (T) **1.00** Around the World in 80 Treasures (R/T) **1.30** Snooker: UK Championships (T) **5.15** The Weakest Link (T) **6.00** Eggheads (R/T) **6.30** Strictly Come Dancing: It Takes Two (T)

7.00 **Snooker: UK Championships** Hazel Irvine introduces live coverage from Telford as the last two quarter finals reach their conclusion, with the first to nine frames booking their places in the last four. (R/T)

8.00 **Arrange Me a Marriage** Traditional Indian matchmaker Aneela Rahman helps Brits find love in just four weeks. (T)

9.00 **Never Mind the Buzzcocks** Phill Jupitus, Simon Amstell and the returning Bill Bailey are joined by comedian Kevin Eldon, indie star Patrick Wolf and Irwin Sparkes from the Hoosiers. (T)

9.30 **Lead Balloon** The women in Rick's house are sick, and he is forced to take over. Rick promises to field his partner Mel's work calls, but does more harm than good. Magda makes matters worse by arriving with her home made soup. (T)

10.00 **The Graham Norton Show** Chat show featuring celebrities, live music and fabulous weirdness from the great British public. Guests include Sharon Osbourne. (T)

10.30 **Newsnight** Coverage of today's important national and international news stories. (T)

11.20 **Snooker: UK Championships Highlights** Hazel Irvine wraps up the quarter-final action in Telford and looks ahead to tomorrow's semi-final. With commentary by Clive Everton, Dennis Taylor, Willie Thorne and John Virgo. (T)

12.10 Joins BBC News 24 **4.40** Close

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.10** ITV News Headlines (T) **11.15** Anglia News and Weather (T) **11.20** This Morning (T) **12.30** Loose Women (T) **1.30** ITV Lunchtime News and Weather (T) **2.00** 60 Minute Makeover (T) **3.00** Rosemary Shrager's School For Cooks (T) (Followed by Local Weather) **4.00** Midsomer Murders (R/T) **5.00** Chris Tarrant's Great Pretender (T) **6.00** Anglia Tonight (T) (Followed by Weather) **6.30** ITV Evening News and Weather (T)

7.00 **Emmerdale** Sarah goes missing during Jo's meeting. An embarrassed Scarlett smoothes things over with Daz. (T)

7.30 **Bygones** Eddie Anderson hears the sweet sound of East Anglian dulcimers and meets a collector of tins and packets. (T)

8.00 **The Bill** Nate and Emma go undercover and arrest the owner of a second hand shop, Bob Hawkins - who has been handling stolen jewellery. (T)

9.00 **Sold** The gang are up against the clock. They have just one week to find keyworker buyers for a newly-built project or risk losing Colubrine's valuable contract with an influential developer. (T)

10.00 **How to Get More Sex** Today, experts Tracey Cox, Professor Richard Wiseman and Dr Jack Lewis look at whether chat up lines really work or not. (T)

10.30 **ITV News and Weather** (T)

11.05 **Anglia Soccer Night** Kevin Piper and studio guests introduce a review of the week's action on and off the pitch, focusing on the fortunes of all the region's teams. (T)

11.40 **Secret Rivers** Paul Heiney explores little-known parts of the region's rivers by canoe. (R/T)

12.05 ITV Play: Make Your Play (T) (Followed by ITV News Headlines) **4.15** The Jeremy Kyle Show (R/T) **5.10-5.55** CITV **5.55** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **6.35** The Hoobs (R/T) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R/T) **7.50** Just Shoot Me (R/T) **8.20** Frasier (R/T) **8.50** Frasier (R/T) **9.20** ER (R/T) **10.10** Without a Trace (R/T) **11.05** Without a Trace (R/T) **12.00** News at Noon (T) **12.30** Come Dine with Me (R/T) **1.00** How Clean Is Your House? (R/T) **1.30** **FILM: Thunder Bay** (1953) Drama starring James Stewart. (T) **3.25** Countdown (T) **4.15** Deal Or No Deal (T) **5.00** The Paul O'Grady Show (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** Includes sport and weather. (T)

7.55 **3 Minute Wonder** (T)

8.00 **Murder in Paradise** Documetnary which takes a look at one of the greatest unsolved crimes of the 20th century. The murder of one of the richest men in the British Empire, Sir Harry Oakes, who was found brutally murdered in his bed, in the early 1940s. (R/T)

9.00 **Last Party At The Palace** Channel 4's High Society season goes back to 1958, when one of Britain's long-standing aristocratic ceremonies came to an end. (T)

10.00 **Without a Trace** When regional air-traffic controller Neil Rawlings goes missing, Jack and the team learn that he had been distracted recently but was otherwise an exemplary employee. (T)

11.00 **Shameless** Carl wants his family back together and that means getting rid of Norma, for good. Unfortunately, things don't go to plan and Norma proves to be a very tough adversary. (R/T)

12.00 Bjork: Video Exclusive (T) **12.05** Coming Up (T) **12.40** 4music: Jack Peñate: Loose At The Seams (T) **1.10** **FILM: Ju-On: The Grudge 2** (2003) Drama starring Chiharu Niyama. (T) **2.45** The Beginner's Guide To... Voodoo (R/T) **3.45** The Enemies Of Reason (R/T) **4.45** Bjork: Video Exclusive (R/T) **4.50** Headland (R/T) **5.35** Countdown (R/T)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (R/T) **11.30** five news (T) **12.00** Home and Away (R/T) **12.30** Cooking the Books (R/T) **1.00** Hanrahan Investigates (T) **1.35** Russell Grant's Postcards (R/T) **1.40** **FILM: Ride a Crooked Trail** (1958) Comic frontier yarn starring Audie Murphy. (T) **3.25** five news update (T) **3.30** **FILM: Can't Hardly Wait** (1998) Romantic comedy starring Ethan Embry. (T) **5.30** five news (T) **6.00** Home and Away (T) **6.30** Cooking the Books (T)

7.00 **five news** National and international news. (T)

7.30 **House Doctor** The owners of a colourful property in Milton Keynes need to make a sale so they can move to France. (R/T)

8.00 **Build a New Life in the Country** Architect George Clarke meets people chasing dream homes and new lives. (R/T)

9.00 **The Hotel Inspector** Hotelier Ruth Watson finds out if Brian and Gill Scott, owners of the Key West hotel in Newquay, took her advice when she visited them a year previously. (T)

10.00 **Californication** Comedy-drama about a jaded New York novelist who relocates to Hollywood after his best-seller is made into a hit film. Karen and Marcy walk in on Hank and Charlie's threesome, to everyone's dismay. (T)

10.40 **30 Rock** Jenna and Liz fall out when Liz reveals that she hates Jenna's new movie, 'The Rural Juror'. Jack encourages a broke Tracy to endorse a product, so the movie star invents the 'Tracy Jordan Meat Machine'. (T)

11.10 **Muscle Worship: Hidden Lives** The human interest documentary series continues with a look at the bizarre world of female body builders and the adoring male fans that they attract. (R/T)

12.10 Quiz Call **4.00** Dutch Football (T) **5.10** Football Argentina Highlights

SATELLITE

SKY ONE

6.00am Cruise with Stelios: Caribbean **6.30** Lion Man **7.00** Malcolm in the Middle **7.30** Are You Smarter Than A 10 Year Old **8.30** Malcolm in the Middle **9.00** The Dog Whisperer **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Are You Smarter Than A 10 Year Old **1.00** Cruise with Stelios: Caribbean **1.30** Lion Man **2.00** Bones **3.00** Stargate SG-1 **4.00** Stargate SG-1 **5.00** Are You Smarter Than A 10 Year Old **6.00** Futurama **6.30** The Simpsons **7.00** The Simpsons **7.30** The Simpsons **8.00** The Simpsons **8.30** The Simpsons **9.00** Bones **10.00** Journeyman **11.00** Ross Kemp On Gangs **12.00am** Tenerife Uncovered **1.00** Tenerife Uncovered **1.50** British Sex **2.40** Red Light Girls **3.30** Nip/Tuck **4.20** Nip/Tuck **5.10** Guilty!

ITV2

6.00am GMTV2 **9.25** Coronation Street **9.55** Emmerdale **10.25** The Montel Williams Show **11.10** Judge Judy **11.35** Judge Judy **12.00pm** Judge Judy **12.30** Coronation Street **1.00** Emmerdale **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.40** The Ricki Lake Show **4.20** Sally Jessy Raphael **5.00** Airline **5.35** Judge Judy **6.00** Xtra Factor: Best & Worst **7.00** The New Adventures of Superman **8.00** The Kylie Show **9.00** **FILM:** The Bourne Supremacy **11.05** **FILM:** Pretty Woman **1.30am** Entourage **2.00** The Black Donnellys **3.00** Teleshopping

BBC3

7.00pm Doctor Who **7.50** Doctor Who Confidential **8.00** All New House of Tiny Tearaways **9.00** Don't Tell the Bride **10.00** EastEnders **10.30** The Mighty Boosh **11.00** Comedy Shuffle **11.30** Don't Tell the Bride **12.25am** Two Pints of Lager and a Packet of Crisps **12.55** Two Pints of Lager and a Packet of Crisps **1.25** The Mighty Boosh **1.55** Comedy Shuffle **2.25** All New House of Tiny Tearaways **3.20** Two Pints of Lager and a Packet of Crisps **3.50** Two Pints of Lager and a Packet of Crisps **4.20** Close

BBC4

7.00pm World News Today **7.30** Wainwright's Walks **8.00** Wainwright: The Man Who Loved the Lakes **9.00** A Game of Two Eras: 1957 v 2007 **10.00** Nation on Film: Women's Football **10.30** The Late Edition Live **11.00** Russell Brand on the Road **12.00am** Absolute Zero **1.00** Absolute Zero **2.00** Russell Brand on the Road **3.00** A Game of Two Eras: 1957 v 2007 **4.00** Close

CLUBS AND PUBS

OCEANA
Xscape 670976
THE city's biggest nightclub. Five bars, two nightclubs and a restaurant. Music ranges from R&B, hip hop, dance and drum & bass in the Ice Room to cheesy pop and 70s tunes in the Disco Room. Student night on Mondays. Dress code is smart casual.

REVOLUTION
Xscape 679875
VODKA cocktail bar. Monday: The Big Cheese. Tuesday: Decknology - DJs competing. Wednesday: What the funk? - Soul, funk and house. Thursday: Vanity - Indie, rock and hip hop upstairs. Friday: Deep house, electro and Ibiza anthems with different promoters each week. Saturday: I Love Vodka - funky commercial house. Sunday: Acoustic sessions. Smart casual.

OPUS
Theatre District john@opusmk.com
BOUTIQUE bar with live DJs playing a mixture of house and chart tracks over two floors. Monday: I love 80s and 90s - retro beats.Wednesday: Kiss Kiss Bang Bang alternative night. Thursday: Honey Trap - RnB and funky house. Fridays and Saturdays: Chart and funky house. Sunday: Salsa dancing. Dress casual cool. Food is served until 9pm. A menu of 60 cocktails is available, with a two for one offer on Tuesday nights.

LLOYDS NO.1
Theatre District 55 8905
POPULAR bar on two levels with a large dance floor. DJs at weekends. Drinks and food are reasonably priced.

BUDDHA BLUE
Theatre District info@buddhablue.co.uk
THIS whitewashed haven is the newest club on the circuit. DJs spin RnB tunes into the early hours. Dress smart.

SHOUT
Station Square 233430
FORMERLY Chicagos, this one has brought Coyote fever to the city. On Friday and Saturday you can party until 2pm. Entry is £16 on the door - but for that you can drink all you want. Monday: Sabotage - student rock night, cheap drinks 9pm-2am.

THE SPICE LOUNGE
Theatre District 237400
INDIAN cuisine and live music acts on some nights. Thursday: Small Change - five piece act with guitarist Mark Griffiths performing RnB covers. Friday: Grooveshack -funk/ soul/ disco covers band playing music from the 60s to the present day. Saturday: The Blue Rinse - Cheesey band that will get you singing and dancing.

MOOD
Xscape 251060
DANCE and charts until 3am on Fridays and Saturdays - entry fee. Thursday: So So Funky - retro until 2am, free with NUS card.

YATES'S
Theatre District 674796
CHAIN pub with the party atmosphere on a Friday and Saturday night. Entry is free, and dress relaxed. Food during the day.

FIRST BASE
Xscape 295222
SPORTS bar with regular DJs and live bands at the weekend, pool tables, big screen TV. Casual dress. Food available.

FOX & HOUNDS
Stony Stratford 563307
PUB showcasing live bands.

ZAKS CLUB
Wolverton 315447
BAR with live music.

THE SONG LOFT
Stony Stratford 566407
FOLK and country music alternate Friday nights. No dress code.

THE PLOUGH
Water Eaton 373118
PUB with a late license and live rock bands on Saturday nights.

THE CANNON
Newport Pagnell 211495
PUB with a beanbag-filled candlelit chill out space. An open mic night takes place every Thursday on a newly built stage. Free entry. To play just turn up with your instrument. To play just turn up with your instrument. Free entry.

THE OLNEY WINE BAR
High Street 01234 711112
OPEN mic club every Wednesday. Doors open at 7pm.

THE FORESTER'S ARMS
Stony Stratford 567115
PUB with live jazz acts on Tuesday nights.

Get your venue listed, just e-mail: alicia.babaee@mk-news.co.uk

THE STABLES — BOX OFFICE 280800

JOHN & CLEO'S CHRISTMAS
Thursday, Friday and Saturday 8pm, Sunday 4pm
COME along and kick off the festive season in true style!
Tickets from £25

THE SNOW QUEEN
Wednesday, December 19 - January 6. 7.30pm
OVER snow covered mountains across shing glaciers and shifting ice-flows, lies a glittering palace.

Within its icy walls lives the Snow Queen, daughter of ice giants and goddess of winter, a shimmering beauty but with a cold and evil heart. She will not rest until all the nine worldsare frozen and all things good are turned bad.
Battling through snowstorms and blizzards, Gerda and Freya, goddess of Spring, travel over the rainbow bridgefrom middle earth to the land of gods, serpents and trolls to rescue their brothers from the Snow Queen's icy grasp. Be a part of their journey as they boldy go to the land of eternal dark to defeat the evil Queen and breathe life back into the frozen earth.
Based on Hans Christian Anderson's classic tale, a world of fantasy and imagination mingles with everyday reality and becomes a very special show for everyone to enjoy this Christmas.
Tickets from £14.50

SCREAMING BLUE MURDER
Comedy Stage
COMPERE Andrew Bird introduces rising star Rob + Skatz headline act Dan Evans.
Wednesday, December 19. 8.45pm
From £9.50

THE WOUGHTON CENTRE

Party on, dudes and pimp the ex-Blues Collective

THE organisers of The Milton Keynes Masked Ball are putting on the ultimate Christmas party at Woughton Centre on Saturday.
The Masked Ball is known for its over-the-top extravagance and this Christmas party called The Christmas Cracker will be no exception to that rule.
"This may not be a ball, but it will be a fantastic festive party," says event organiser, Dylan Jeavons.
"We are taking over The Pitz and creating a spectacular event that will be a good old traditional knees-up."
There will be different things happening all over the building, all with a Christmas theme. The Great Horwood Silver Band will kick the evening off with some traditional Christmas carols and then the party will really get going with Paul Sams on the decks.
There will be Christmas Karaoke in the foyer courtesy of Karaoke Fun and an adults Santa's grotto upstairs (enter if you dare!).
Guests are encouraged to wear something festive and whilst this is optional, you might like to consider that there will be prizes for the best dressed.
There will also be an extensive buffet brimming with traditional Christmas fayre.
Hosting and headlining the event will be Milton Keynes' premiere party band The Pimples. For those of you that haven't experienced The Pimps before, don't let their silly name fool you, these guys are seriously good.
Previously known as The Blues Collective, they know how to put on a good show and, as usual, they'll be joined by a host of local talent including vocalists Nicky Prince, Jo Farragher, Jason Oakes and the rock god that is Jimmy Volcano.
Tickets are available from the venue at just £15 including buffet –call 01908 660392.
For further details of the event visit www.thechristmascracker.co.uk or call 01908 200912.
All profits will go to children's cancer charities.

MK THEATRE — BOX OFFICE 0870 060 6652

ALADDIN
December 7-January 20
IT'S panto time again and the ever popular Bradley Walsh is back too. After last years huge success with Cinderella, attention turns to Aladdin on a magic carpet ride with all of your favourite traditional pantomime characters including Widow Twankey, the Genie, a beautiful princess and the evil Abanazer.
Brand new sparkling sets, glittering costumes, singing, dancing, comedy and bags of audience paricipation are guaranteed to thrill the whole family.

MK TAKEAWAYS

YOUR WEEKLY GUIDE TO THE BEST TAKEAWAYS IN MILTON KEYNES

PIZZA PASSION MK

BUY ONE PIZZA - GET ONE FREE TO THE SAME VALUE! ...

The Passionate Twelve Pizzas

	Extra Topping	9" thin	12" thin	12" deep pan
1.	Margarita cheese & tomato	£6.00	£8.00	£9.00
2.	Hawaiian cheese, tomato, luncheon ham, pineapple	£7.00	£9.00	£10.50
3.	Milano cheese, tomato, luncheon ham, mushroom	£7.00	£9.00	£10.00
4.	Vegi Special cheese, tomato, fresh mushroom, pineapple, corn, onions, peppers	£7.00	£10.00	£11.00
5.	Seafood cheese, tomato, tuna, prawns, anchovies	£7.00	£9.00	£10.00
6.	Hot & Spicy cheese, tomato, pepperoni, peppers, chilli, garlic	£7.50	£10.50	£11.00
7.	Passionate Special cheese, tomato, luncheon ham, beef, pepperoni, mushrooms, peppers	£8.00	£10.50	£12.00
8.	Meat Feast cheese, tomato luncheon ham, beef, pepperoni, sausage	£8.00	£10.00	£12.00
9.	Bombay Mix cheese, tomato, peppers, onions, lamb tikka, doner meat, chicken tikka	£8.00	£10.50	£12.00
10.	Chicken Tikka cheese, tomato, chicken tikka, peppers, onions	£8.00	£10.00	£11.50
11.	Doner Meat cheese, tomato, doner meat, pepper, jalapeno peppers	£8.00	£10.00	£115.0
12.	Keema Special tomato, mozzarella, spicy minced lamb, peppers, onions, corn	£8.00	£10.00	£11.00

Create your own pizza from these toppings: Luncheon ham, spicy beef, pepperoni, sausage, lamb tikka, chicken tikka, doner meat, fresh mushrooms, peppers, corn, pineapple, jalapeno peppers, chilli, garlic, olives, tuna, prawns, anchovies, onions,sliced tomatoes.

1. Family Meal 6 pieces of chicken, 3 portions of chips, 6 nuggets, spicy beans/coleslaw, choc fudge/ice cream, bottle of soft drink **£11.50**

2. Variety Pack 6 pieces of chicken, 3 portions of chips, 6 chicken nuggets, 1¼lb cheeseburger and chips, regular doner kebab, bottle of soft drink **£14.99**

3. Family Kebab 6 pieces of chicken tikka, 6 pieces of lamb tikka, doner meat, 4 pitta breads or 3 nans with side salad and chilli sauce, bottle of soft drink **£12.50**

4. Passion Deal 12" deep pizza, (any pizza of your choice), garlic french bread, 6 spicy wings, bottle of soft drink **£11.99**

KEBABS	small	large
1. Chicken Tikka Kebab – Chicken tikka with salad and chilli sauce in a nan bread	4.50	5.00
2. Lamb Tikka Kebab – Lamb tikka with salad and chilli sauce in a nan bread	4.50	5.00
3. Doner – Doner meat with salad and chilli sauce in a pitta bread (50p extra for nan)	3.50	4.00
4. Kebab Mix – Chicken tikka, lamb tikka, doner meat in nan bread with chilli sauce and salad	5.00	6.00
5. Doner Meat with chips – Chicken tikka with salad and chilli sauce in a nan	3.50	4.50

PICK 'N' MIX PIZZAS
Chicken, tomato and 8 toppings of your choice

9' thin	12' thin	12' deep pan
8.50	10.50	12.00

Buy one and get one free or 10% discount on single pizza

OTHERS	1/2lb	1/4lb
Cheeseburger	3.70	2.70
Beef burger with chips	3.50	2.50
Chicken burger with chips	3.50	2.50
2 pcs chicken with chips		2.50
Corn on the cob	1.00	
Spicy wings	2.50	
Chicken nuggets	1.99	
Garlic french bread	1.50	
Garlic french bread with cheese, mushrooms, onion	1.80	
Chips	1.00	
Cheesecake	1.20	
Chocolate fudge	1.20	
Bottle of soft drink	1.50	
Cans of soft drink	0.60	
Apple pie	1.00	

FREE DELIVERY within 3 miles to local areas. Minimum order £7.00

AA671628

FREE DELIVERY **Tel: 01908 266060**

OPENING TIMES:
Sunday to Thursday 5pm till midnight
Friday, Saturday 5pm till 2.00am
8 PORTERS LANE, KILNFARM, MILTON KEYNES

AA671629

DIXY CHICKEN

Just Chicken

2/3/6 Pieces	£1.99	£2.80	£5.25	
8/12/16/20 Pieces	£6.95	£9.90	£12.80	£15.90

BBQ Ribs

4 Ribs	£2.49
6 Ribs	£3.19
10 Ribs	£5.50

Spicy Wings

4 Spicy Wings	£1.49
6 Spicy Wings	£1.99
12 Spicy Wings	£3.49

Chicken Nuggets

4 Golden Nuggets	£1.35
6 Golden Nuggets	£1.85
15 Golden Nuggets	£3.99

ROLO Meal

ROLO Crispy Chicken Pieces in a Tortilla Wrap	£2.49
2 Crispy Chicken Pieces in Tortilla	£3.49

with regular Fries and a Drink

Burgers

Chicken Fillet Burger	£1.99
Fillet Burger & Cheese	£2.15
Spicy Fillet Burger	£1.99
Spicy Bean Burger (V)	£1.99
Fillet-O-Fish	£1.99
1/4 Pounder (Add cheese - 15p)	£1.99
1/2 Pounder (Add cheese - 15p)	£2.49

Side Dishes

Chips (Regular)	£1.00
Chips (Large)	£1.50
Potato Wedges	£0.99
Corn on the Cob	£0.99
Coleslaw	£0.99
BBQ Beans	£0.99
Chicken Popcorn	£1.99

Drinks & Dessert

Cans	£0.60
1.5 ltr Bottles	£1.50
Trifle	£0.79
Cheesecake	£0.79
Apple Pie	£0.79

For delivery purposes, the drink in the meals has been changed to a 330ml can, 3 Drink cans may be changed to a 1.5ltr bottle.

Dixy Bucket
6 pcs Chicken
4 Wings
3 Fries & Bottle of Drink
£9.99

Mega Bucket
8 Pieces of Chicken, 4 Chips, 6 Spicy Wings, 6 BBQ Ribs & 1.5 ltrs of Soft Drink
£13.99

Family Bucket
8 Pieces of Chicken, 4 Chips, Large BBQ Beans or Large Coleslaw, 4 Chocolate Donuts
£10.99

Chicken Buckets
6 pcs & 3 Chips **£8.35**
10 pcs & 4 Chips **£10.99**
16 pcs & 6 Chips **£16.90**
20 pcs & 8 Chips **£19.90**

see website for meal deals www.dialafood.co.uk/dixychicken

PIZZA GOGO

FREE DELIVERY TO ALL MK

Vegetarian

Cheese & Tomato	£5.95	£7.75	£9.45
Vegetarian Hot Mushrooms, Onions, Green Peppers	£7.95	£10.75	£13.95
Vegetarian Mushrooms, Onions, Green Peppers & Sweetcorn	£7.95	£10.75	£13.95
Spinocolli Mushrooms, Onions, Broccoli, Spinach, Fresh Garlic	£7.95	£10.75	£13.95

Traditional

Hawaiian Ham & Pineapple	£6.95	£9.55	£11.45
Ham & Mushroom	£6.95	£9.55	£11.45
Beef One Ground Beef, Onions & Mushrooms	£7.95	£10.95	£12.45
Chinese Chinese Chicken, Mushrooms & Sweetcorn	£7.95	£10.95	£12.45
Classic Bacon, Mushrooms & Fresh Tomato	£7.95	£10.95	£12.45

Hot Stuff

American Hot Peppers, Onions, Chillies, Green Peppers	£7.95	£10.95	£13.95
Chicken Hot Tandoori Chicken, Gren Chillies, Fresh Tomato, Mushrooms	£7.95	£10.95	£13.95
Mexican Passion Mexican Chicken, Red Peppers, Pineapple & Jalapeno Peppers	£7.95	£10.95	£13.95
Mexicana Spicy Beef, Onions, Sliced Tomato & Green Chillies	£7.95	£10.95	£13.95
Hot Tator Ground Beef, Onion, Green Peppers & Jalapeni Peppers	£7.95	£10.95	£13.95

X-tra Value Meal
Any Large 12" Pizza*
FREE GARLIC BREAD (4 pieces)
FREE POTATO TWISTERS
ONLY £10.95

Family Favourites

Pepperoni Plus, Double Pepperoni, Mushrooms & Onions	£7.95	£10.95	£13.95
BBQ Original Chicken, Green Peppers, Fried Onion & Special BBQ Sauce	£7.95	£10.95	£13.95
Meaty One Ham, Pepperoni, Beef, Spicy Pork	£7.95	£10.95	£13.95
Sea Food Prawns, Anchovies, Tuna & Fresh Tomato	£7.95	£10.95	£13.95
Free Choice Any 4 toppings of your choice	£7.95	£10.95	£13.95
Late Breakfast Smokey Sausage, Bacon, Salami & Fried Onion	£7.95	£10.95	£13.95
Alligator Pepperoni, lamb, Beef, Bacon, Garlic Sausage, Salami	£7.95	£10.95	£13.95

GoGo Special

Green Peppers, Mushrooms, Onions, Ham, Beef & Pepperoni £7.95 £10.95 £13.95

Stuffed Edge Surcharges

Stuffed Edge with Cheese/with cheese & Pepperoni/ with Garlic & Herbs	£1.00	£1.20	£1.40

Extra Toppings

Create your own pizza by using a Cheese and Tomato as a base then add your choice of toppings from the following £0.80 £0.90 £1.00

Meat Toppings	Chicken Toppings	Seafood Toppings	Vegetable Toppings
Pepperoni, Salami	Tandoori Chicken	Tuna	Pineapple, Mushrooms,
Garlic Sausage	Chinese Chicken	Anchovies	Sweetcorn, Green Peppers
Smokey Sausage	Plain Chicken	Prawns	Red peppers, Onions,
Ham, Spicy Pork	Mexian Chicken		Fresh Tomato, Green Chillies
Beef			Aubergine, Fresh Garlic,
			Jalapeno peppers, Black
			Olives, Spinach, Broccoli

Starters

Garlic Bread (4pcs)	£1.50	With Cheese (4pcs)	£1.95
Cheesy Garlic Pizza Bread (7")	£2.95	Breaded Mozzarella Sticks (8pcs)	£3.45
Potato Twisters (Per Portion)	£2.50	Potato Wedges (Per Portion)	£2.50
Potato Wedges (Per Portion)	£2.50	Potato Skins (5pcs) with cheese	£3.45
Pototo Skins (5pcs) with cheese	£4.45	Jalapeno Peppers Cream cheese (6pcs)	£3.45
Onion Rings (10 rings)	£1.95		
Dips, garlic & Mayonaise, BBQ, Chilli, Sour Cream, Garlic & Herb			£0.30
Spicy Chicken Wings (8pcs)	£3.45	BBQ Wings (8pcs)	£3.45
Chicken Nuggets (6pcs)	£1.95	Southern Fried Mr Chicken (6pcs)	£1.95
BBQ Ribs (1.2 rack)	£3.95		

Pasta

Spaghetti Bolognese	£3.95	Vegetable Lasagne	£3.95
Meat Lasagne	£3.95	Chicken & Mushroom Pasta	£3.95

Salad

Salad Bar Onion, lettuce, fresh tomato, cucumber, coleslaw, ham, sweetcorn, green peppers, olives, cheese, tuna, chicken			£3.45
Green Salad	£2.00	Coleslaw	£1.30

Ice Cream

Haagen Daas 500ml, Vanilla, Choc Chips, Strawberry & Cream, Cookies & Cream, Baileys & Cream			£3.95
House Ice Cream, Dairy, Strawberry, Chocolate, Caramel Coffee			£2.95

Desserts

Tennessee Toffee Pie	£1.95	Chocolate Fudge Cake	£1.95
Strawberry Cheese Cake	£1.95	Banoffi Pie	£1.95

Cold Drinks

Coke, 7-UP, Fanta, Diet Coke (Can)	£0.70	Bottle	£1.55

SPECIALS

Twin Deal Any 2 medium Pizzas• (10.5") Any 2 starters, 2 dips & 2 cans of soft drink. *only £15.95 (save up to £4.00)*

Lunchtime Special 11.30 - 4.30 Mon - Thurs One Cheese & Tomato Pizza with a choice of 3 toppings & 4 pcs Garlic bread. *Medium £5.00 (plus one can of drink) - Large £7.00 (plus two cans of drink)*

Triple Choice Any 3 Pizzas* *3 Medium £15 - 3 Large 12" £20 3 Supersize 15" pizzas £25*

All for One Any Medium 10.5" Pizza*, 4 pcs Chicken Wings, 4 pcs Garlic Bread & One can of soft drink. *£9.95 (save up to £1.90)*

2's Special Any 2 Pizzas* *10.5" - £11.90 12"- £15.90 15"- £17.90*

Double Deal Any 2 large 12" Pizzas, 2 Starters & Bottle of soft drink. *£19.95 (save up to £1.90)*

Big Deal Any large 12" Pizza*, 8 pcs Chicken Wings, 4 pcs Garlic Bread, Bootle of Soft Drink. *£13.95 (save up to £3.75)*

The 5er Any 3 medium 10.5" Pizzas* (or more) *only £5.00 each*

Beat the clock! only £9.95 Any Large 12" Pizza*, 8 pcs Chicken Wings, 4 pcs Garlic Bread & 1 Bottle of drink. *If ordered and delivered before 4pm Mon-Thurs (save up to £7.65)*

ANY PIZZA ANY SIZE £7.95 ON COLLECTION ONLY
When you spend over £15 receive a free portion of Kofte Kebab including special offers

Open 7 days a week 11.30am - Late • TO ORDER CALL:01908 274674
141 Queensway, Bletchley MK2 2DY

AA671630

www.pizzagogo.co.uk

MK TAKEAWAYS

YOUR WEEKLY GUIDE TO THE BEST TAKEAWAYS IN MILTON KEYNES

DEALS
Any Pizza, Any Size
£6.99
(Collection only)

BUY 1 GET 1 FREE
OR GET 10% OFF YOUR SINGLE PIZZA
on delivery or collection
buy any pizza and get a second upto the same size and value. (Not in conjunction with any other offer)
Only on large and extra large pizzas

PARTY DEAL
2 XL Pizzas + Spare Ribs + Wedges + Garlic Bread + Drink
£17.99

MEAL FOR TWO
Large pizza, Chicken Wings or Potato Wedges plus a bottle of drink
£10.99

MEAL FOR ONE
Regular pizza, Garlic bread or Potato Wedges plus can of drink
£6.99

	Regular 9" 6 Slices	Large 12" 8 Slices	Extra Large 15" 12 Slices
The Original Suitable for vegetarians *Cheese & Tomato or Cheese & Garlic*	5.99	7.99	9.99
Hawaiian Dream *Ham & Pineapple*	7.99	9.99	12.99
Farmhouse Classic *Ham & Mushrooms*			

SPECIALITY PIZZAS

Meat Feast *Spicy Pork, Ham, Pepperoni, Smoky Sausage*	8.99	11.99	13.99
Vegetarian Delight™ *Mushrooms, Green Peppers, Onions, Sweetcorn*			
All in One™ *Pepperoni, Mushrooms, Green Peppers, Onion, Sweetcorn, Ham, Spicy Pork*			
Smoky Barbeque *Barbeque Chicken, Smoky Sausage, Red Onion, Sweetcorn, Barbeque Sauce*			
Pepperoni Lovers™ *Double Pepperoni, mushroom, onion*			
Coriander Tandoori Chicken Extremely Hot! *Balti Chicken, Green Chillies, Garlic Sauce, Fresh Coriander, Red Onion*			
Mexican Heatwave Very Hot! *'Double' Spicy Pork, Onion, Jalapeno Peppers, Red Peppers, Chilli Powder*			
Vegetarian Volcano Very Hot! *Green and Red Peppers, Red Onion, Sweetcorn, Jalapeno Peppers, Chilli Powder, Chilli Sauce*			
Oriental Express *Chinese Chicken, Green Peppers, Mushrooms, Sweetcorn*			
The Tuscan *Italian Sausage, Salami, Red Onion, Green Peppers, Mushrooms, Garlic Sauce, Italian Seasoning*			
New **Chicken BBQ Sizzler** *Chargrilled Chicken, Bacon, Onion, Barbeque Sauce & Rio Pizza Sauce*			
New **Lamb Donor Pizza** *Lamb Donor, red onion, red & green peppers, garlic sauce*			
New **Chicken Donor Pizza** *Chicken Donor, red onion, red & green peppers, garlic sauce*			

SIDE ORDERS

	Single price	Double up
Delicious Dips (ideal for dipping crusts) BBQ, Sour Cream, Sweet Chilli or Garlic & Herb	25p	
Oven Baked Chips New Tasty low fat chips baked in our hot pizza ovens	99p	
Garlic Knots 6 delicious knots of dough brushed with garlic butter	1.49	2.25
Coleslaw	1.49	2.25
Garlic Bread	1.75	2.49
Garlic Bread with Cheese	1.95	2.75
Potato Wedges Choice of dips	2.49	3.75
Chicken Wings 8 pieces - BBQ or spicy Peri Peri New	2.99	4.50
Chicken Nuggets 8 chunks of Chicken breast coated in breadcrumbs with choice of dip	2.99	4.50
BBQ Spare Ribs New Juicy rack of ribs marinated in a delicious BBQ sauce	3.99	
Wings 'n' Wedges Combo 6 BBQ or spicy Peri Peri Chicken wings served with spicy potato wedges and two of our tasty dips	3.99	5.99
Kids Deal New 6" pan pizza with up to 2 toppings, garlic bread, can of Coke	2.99	
10 Large Onion Rings	1.99	

CREATE YOUR OWN PIZZA WITH THESE EXTRA TOPPINGS
85p each (Regular) £1.00 each (Large) £1.20 each (Extra Large)
Anchovies • Bacon • Balti Chicken • Barbeque Chicken • Chinese Chicken • Ham • Pepperoni • Salami • Italian Sausage • Smoky Sausage • Spicy Beef • Spicy Pork • Prawns • Tuna • Black Olives • Cheese • Green Chilli Peppers • Green Peppers • Jalapeno Peppers • Mushrooms • Onion • Red Onion • Red Peppers • Pineapple • Sweetcorn • Sweet & Sour Sauce • Barbeque Sauce • Garlic Sauce

Minimum delivery order £7.99

Chef's Corner

158 Queensway, Bletchley
Mon-Sun 12pm-10.30pm

01908 632236
Cash or credit card only

FREE DELIVERY (WITHIN SPECIFIED AREA)

DRINKS & DESSERTS

Coke, Diet Coke, Fanta, Sprite, Dr Pepper - 330ml can	65p	
Coke, Diet Coke, Fanta - 1.25 litre bottle	1.79	
Banoffee Pie - per slice	2.19	3.29
Tennessee Toffee Cream Pie - per slice	2.19	3.29
Ben & Jerrys Ice Cream - 500ml	4.19	

Piece of cake™, Phish Food®, Caramel Chew Chew™, Chocolate Fudge Brownie, Cookie Dough, Chocolate Therapy, New Fair Trade Vanilla

AA671631

Pan Pizza Company حلال

BUY 1 GET 1 FREE!
Can't eat 2? We will deduct £2 off from 10", £3 off 12" and £4 off 16"
Free 1.5 ltr soft drink on orders over £16

PIZZAS	10" Deep Pan	12" Deep Pan	16" Deep Pan
Margarita-Cheese & Tomato	£7.50	£9.50	£13.95
Hawaiian-Cheese, Tomato, Ham, Mushrooms & Pineapple Pepperoni-Cheese, Tomato & Pepperoni Vegetarian-Cheese, Tomato, Mushrooms, Olives,Onion,Sweetcorn, Peppers & Pineapple Seafood-Cheese,Tomato,Tuna, Prawns & Anchovies	£9.50	£11.50	£15.95
Chicken Kiev Pizza-Cheese, Tomato,Mushrooms, Chicken & Garlic Butter Bolognese-Cheese, Tomato,Bolognese, Onion, Peppers Hot & Spicy-Cheese, Tomato, Pepperoni, Spicy Beef,Chilli,Onion & Peppers Meat Feast-Cheese, Tomato,Pepperoni, Spicy Beef,Salami,Chicken & Ham Chicken Tikka-Cheese, Tomato, Chicken Tikka & Peppers Kebab Pizza-Cheese, Tomato, Doner Kebab & Peppers	£11.50	£12.95	£17.95
Create Your Own Pizza Extra Toppings	75p	95p	£1.15

Garlic Bread	£2.00	BBQ Ribs	£3.50
Garlic Bread & Cheese	£2.50	Meat & Chips	£3.50
Doner Kebab	£4.20	Chicken & Chips	£3.20
Shish Kebab	£4.95	Chicken Nuggets & Chips	£3.50
Chicken Kebab	£4.95	Garlic Mushrooms & Dips	£2.00
House Special Kebab	£5.95	French Fries	£1.00
	1/4lb / 1/2lb	Onion Rings	£1.30
Beefburger & Chips	£3.20 / £3.80	Ice Cream 500ml	£3.95
Cheeseburger & Chips	£3.40 / £4.20	Can of Drink	£0.55
Veggie Burger & Chips	£3.20 / £3.80	Bottle of Drink	£1.60
Chicken Burger & Chips	£3.50		
Fresh Salad	£1.50		

MEGA GRILL PACK
LARGE DONNER KEBAB, LARGE SHISH & CHICKEN KEBAB, 4 X PITTA BREADS & 2 FRIES, 2 SAUCES & COLESLAW, 1.5 LT BOTTLE OF POP
£14.95

GRILL PACK
LARGE DONER KEBAB SHISH KEBAB CHICKEN KEBAB 3X PITTA BREAD COLESLAW FRESH SALAD
£10.95

MEGA PIZZA PACK
16" PIZZA OF CHOICE, GARLIC BREAD, ONION RINGS,COLESLAW, 1.5 LT BOTTLE OF POP
£14.95

PIZZA PACK
12" PIZZA OF CHOICE, GARLIC BREAD, COLESLAW, 1.5 LT BOTTLE OF POP
£10.95

Opening Times:
Friday & Saturday 4.30pm to 2.30am
Sunday - Thursday 4.30pm to Midnight

MK 320 770
FREE DELIVERY TO MOST MK AREAS
SORRY NO CHEQUES ACCEPTED (MINIMUM ORDER £7.00)

VENICE PIZZA حلال
The Pizza Experts

	med 10"	large 12"	super 16"
MARGHERITA Cheese & tomato	£7.50	£9.50	£13.50
ALL TIME CLASSIC Ham* & Mushroom	£8.50	£10.50	£14.50
HAWAIIAN DREAM Ham* & Pineapple	£8.50	£10.50	£14.50
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MKLIFE | TELEVISION

FRIDAY
December 14

BBC1

6.00 Breakfast (T) **9.15** To Buy or Not to Buy (R/T) **10.00** Escape to the Country (T) (Followed by BBC News; Weather) **11.00** Homes under the Hammer (R/T) **11.30** Car Booty (R/T) (Followed by BBC News; Weather) **12.15** Cash in the Attic (T) **1.00** BBC News; Weather (T) **1.30** Regional News and Weather (T) **1.40** Doctors (T) **2.10** Neighbours (T) **2.35** Diagnosis Murder (T) **3.20** BBC News and Weather (T) **3.25** CBBC **5.25** Newsround (T) **5.35** Neighbours (R/T) **6.00** BBC News and Weather (T) **6.30** Regional News Programmes (T)

7.00 **The One Show** Adrian Chiles and Christine Bleakley present a magazine series. (T)
7.30 **A Question of Sport** (T)
8.00 **EastEnders** As the Brannings welcome their new arrival, Ronnie is thrown by Jack's decision. Peggy makes a shocking discovery at Billy and Honey's. (T)
8.30 **The Green Green Grass** Boycie uncovers some shocking information about his family tree. (T)
9.00 **Have I Got News for You** (T)
9.30 **The Armstrong and Miller Show** Alexander Armstrong and Ben Miller scratch beneath the surface of po-faced British respectability. (T)
10.00 **BBC News; Regional News; Weather** A round-up of national and international news. (T)
10.25 **Regional News Programmes** (T)
10.35 **Friday Night with Jonathan Ross** (T)
11.35 **FILM: Species** (1995) Sci-fi horror about a half-human, half-alien female mutant who escapes from a government laboratory and attempts to prolong the life of her species by mating with a human. With Ben Kingsley. (T)

1.20 FILM: Phantasm II (1988) Horror sequel starring James Le Gros. (T) **2.50** Weatherview **2.55** Sign Zone: Top Gear (R/T) **3.55** You Can't Fire Me, I'm Famous (R/T) **4.40** Joins BBC News 24 (T)

BBC2

6.00 CBeebies **7.00** CBBC **8.30** CBeebies **10.15** Schools **12.00** The Daily Politics (T) **12.30** Working Lunch (T) **1.30** Snooker: UK Championships (T) **5.15** The Weakest Link (T) **6.00** Eggheads (T) **6.30** Strictly Come Dancing: It Takes Two (T)

7.00 **Snooker: UK Championships** Hazel Irvine, Steve Davis and John Parrott introduce live action from the Telford International Centre as a maximum of nine frames decide the first place in Sunday's final. (T)
8.00 **Gardener of the Year 2007** The BBC's search to find the nation's best amateur gardener reaches its grand final. Set in the Royal Horticultural Society's flagship gardens at Wisley, this programme sees all the contender's gardening skills tested to the limit. (T)
9.00 **Fanny Hill** Andrew Davies's two-part adaptation of John Cleland's infamous, classic 18th-century novel, Fanny Hill. After losing her parents to smallpox, Fanny travels to London where, employed by local madam Mrs Brown, her virtue is tested by the lascivious Mr Crofts. (T)
10.00 **QI** Stephen Fry hosts the quiz show in which contestants are rewarded more if their answers are 'quite interesting'. (T)
10.30 **Newsnight** (T)
11.00 **Newsnight Review** (T)
11.35 **Later...with Jools Holland** Jools Holland introduces a diverse mix of new musical talent and established artists, including KT Tunstall, Jill Scott, Band of Horses, Martin Simpson and Beirut. Ronnie Wood drops by for a chat. (T)

12.35 Snooker: UK Championships Highlights (T) **1.25 FILM: The Price of Kissing** (1997) Drama with Pauley P, Leon. (T) **2.55** Star Trek: The Next Generation (R/T) **4.25** Close

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.10** ITV News Headlines (T) **11.15** Anglia News and Weather (T) **11.20** This Morning (T) **12.30** Loose Women (T) **1.30** ITV Lunchtime News and Weather (T) **2.00** 60 Minute Makeover (T) **3.00** Rosemary Shrager's School For Cooks (T) (Followed by Local Weather) **4.00** Midsomer Murders (R/T) **5.00** Chris Tarrant's Great Pretender (T) **6.00** Anglia Tonight (T) (Followed by Weather) **6.30** ITV Evening News (T)

7.00 **Emmerdale** Certain that he's going to prison, Andy asks Jo to adopt Sarah. (T)
7.30 **Coronation Street** Stephen offers David a ticket out of Weatherfield. Vernon is feeling insecure about Liz and Jim's growing friendship. (T)
8.00 **Goodbye Cod and Chips?: Tonight** (T)
8.30 **All New Airline** In Luton, a couple and their family are checking in for the afternoon flight home to Bratislava. (T)
9.00 **FILM: Tomorrow Never Dies** (1997) James Bond 007 action thriller in which a media baron sets about triggering World War III so that his 24-hour news network can profit from exclusive coverage of the conflict. (T)
10.30 **ITV News and Weather** A round-up of the latest news headlines plus a national weather forecast. (T)
11.05 **FILM: Tomorrow Never Dies** (1997) Conclusion of tonight's James Bond thriller with Pierce Brosnan, Teri Hatcher and Michelle Yeoh. (T)
11.55 **Numb3rs** Don and the team are called in to investigate the death of a researcher in Native American antiquities at a museum. (T)

12.40 ITV Play: Make Your Play (T) (Followed by ITV News Headlines) **4.30** Karen Sisco (R/T) **5.10-5.55** CITV **5.55** ITV Early Morning News (T)

FOUR

6.20 Making It (R/T) **6.25** The Hoobs (R/T) **6.50** Freshly Squeezed **7.15** Everybody Loves Raymond (R/T) **7.40** Just Shoot Me (R/T) **8.10** Frasier (R/T) **8.40** Frasier (R/T) **9.10 FILM: Fallen Angel** (2003) Drama starring Joely Richardson. (T) **11.05** Without a Trace (R/T) **12.00** News at Noon (T) **12.30** Come Dine with Me (R/T) **1.00** Channel 4 Racing from Cheltenham (T) **3.25** Countdown (T) **4.15** Deal Or No Deal (T) **5.00** The Paul O'Grady Show (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** Includes sport and weather. (T)
7.35 **First Cut: Being Maxine Carr** Maxx Ginnane's first half-hour film is a tale of a modern day witch-hunt, examining mob-justice and exploring how Maxine Carr became a hate figure. (T)
8.00 **A Place in the Sun: Home or Away** (T)
9.00 **Ugly Betty** Henry reluctantly agrees to go on a double date with Betty and an unlikely couple: Hilda and Gio. Meanwhile, Wilhelmina's attempt to change her image as the Queen of Mean fails miserably after she tangles with America's most beloved golden girl. (T)
10.00 **Max & Paddy's Road To Nowhere** Down on their luck, Max and Paddy hit a bit of unexpected good fortune literally. (R/T)
10.30 **Max & Paddy's Road To Nowhere** When Max and Paddy get caught by a speed camera things just seem to go from bad to worse. (R/T)
11.05 **Borat's Television Programme** (R/T)
11.55 **Coming Up** The series of original dramas by emerging film makers from across the UK continues. (T)

12.30 4music: Beat Stevie (T) **12.45** World Cup Snowboard **2.30** Goalissimo **3.25** Transworld Sport (R/T) **4.20** Dispatches: Christmas Credit Crisis (R/T) **5.15** Countdown (R/T)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (R/T) **11.30** five news (T) **12.00** Home and Away (R/T) **12.30** Cooking the Books (R/T) **1.00** Hanrahan Investigates (T) **1.30 FILM: Broken Promises: Taking Emily Back** (1993) Fact-based drama starring Cheryl Ladd. (T) **3.30 FILM: How to Marry a Billionaire** (2000) Farcical comedy starring John Stamos. (T) **5.30** five news (T) **6.00** Home and Away (T) **6.30** Cooking the Books (T)

7.00 **five news** National and international news. (T)
7.30 **Mean Machines** (R/T)
8.00 **World's Strongest Man Super Series** Exclusive coverage of the World's Strongest Man Super Series - the international tour of strength athletics that acts as a qualifier for the World's Strongest Man competition. (T)
9.00 **NCIS** Gibbs is forced to come out of retirement to help Fornell and his daughter Emily, who are being threatened by a convict who escaped from prison. (T)
10.00 **Law and Order: Criminal Intent** The detectives investigate a triple murder, including the son and daughter of a wealthy businessman. After turning their attention to the children's stepmother, the team probes the background of a pair of nannies. (R/T)
11.00 **Angelo's** Angelo weighs up an offer to buy his cafe; Maria alienates her friends by falling in with a group of art students; Kris avoids an old acquaintance and Karen and Dave attend Kevin's party. (T)
11.30 **Valley of the Sex Dolls** Series about the San Antonio Valley sex industry. Husband and wife actors Evan Stone and Jessica Drake talk about sleeping together on camera and how they enjoy watching each other with fellow actors. (R/T)

12.00 Quiz Call **5.10** Wildlife SOS (R/T) **5.35** Wildlife SOS (R/T)

SATELLITE

SKY ONE
6.00am Cruise with Stelios: Caribbean **6.30** Lion Man **7.00** Malcolm in the Middle **7.30** Are You Smarter Than A 10 Year Old **8.30** Malcolm in the Middle **9.00** The Dog Whisperer **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Are You Smarter Than A 10 Year Old **1.00** Cruise with Stelios: Caribbean **1.30** Lion Man **2.00** Bones **3.00** Stargate SG-1 **4.00** Stargate SG-1 **5.00** Are You Smarter Than A 10 Year Old **6.00** Futurama **6.30** The Simpsons **7.00** The Simpsons **7.30** The Simpsons **8.00** Are You Smarter Than A 10 Year Old? **9.00** Project Runway **10.00** Road Wars **11.00** Street Wars **12.00am** Tenerife Uncovered **1.00** Tenerife Uncovered **1.50** Red Light Girls **2.40** The Villa **3.30** Nip/Tuck **4.20** Nip/Tuck **5.10** Guilty!

ITV2
6.00am GMTV2 **9.25** Coronation Street **9.55** Emmerdale **10.25** The Montel Williams Show **11.10** Judge Judy **11.35** Judge Judy **12.00pm** Judge Judy **12.30** Coronation Street **1.00** Emmerdale **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.40** Movies Now **3.50** Xtra Factor: Best & Worst **4.55** Xtra Factor: Best & Worst **5.55** Xtra Factor: Best & Worst **7.00** The X Factor **8.30** The X Factor Results **9.00 FILM:** Pretty Woman **11.30** Coronation Street **12.00am FILM:** Double Jeopardy **2.00** Teleshopping **5.00** ITV2 Nightscreen

BBC3
7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00** Doctor Who **8.45** Doctor Who Confidential **9.00** Torchwood **9.50** Big Boy 74: Comedy Short Winner 2007 **10.00** EastEnders **10.30** Tittybangbang3 **11.00** Two Pints of Lager and a Packet of Crisps **11.30** Two Pints of Lager and a Packet of Crisps **12.00am** Family Guy **12.20** Family Guy **12.40** The Mighty Boosh **1.10** Tittybangbang3 **1.40** Two Pints of Lager and a Packet of Crisps **2.10** Two Pints of Lager and a Packet of Crisps **2.40** Torchwood **3.30** Big Boy 74: Comedy Short Winner 2007 **3.40** Close

BBC4
7.00pm World News Today **7.30** Gergiev Conducts Three 20th Century Greats **9.00** If It Ain't Stiff **10.30** QI **11.00** Flight of the Conchords **11.35** Batman **12.00am** Batman **12.25** Russell Brand on the Road **1.25** A Game of Two Eras: 1957 v 2007 **2.25** Gergiev Conducts Three 20th Century Greats **4.00** Close

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The menu provides a wide and varied choice for customers including a traditional Sunday roast. Listeners of horizon radio voted the George as Milton Keynes number one Italian.

The bar area has a more energetic and vibrant atmosphere, while the large secure garden with a play area at the back of the pub allows the George to be a place to be enjoyed by all.

If you're after a light snack, full a la carte menu or a drink we strongly recommend you head to the George for a taste of Italy.

MKLIFE | TELEVISION

SATURDAY
December 15

BBC1

6.00 Breakfast (T) **10.00** Saturday Kitchen (T) **11.30** Bill's Food (T) **12.00** BBC News; Weather (T) **12.10** Football Focus (T) **1.00** Snooker: UK Championships (T) **4.30** Final Score (T) **5.10** Outtake TV (T) **5.40** BBC News; Regional News; Weather (T) **6.00** Strictly Come Dancing (T)

7.15 **Robin Hood** The King's guard Legrand arrives with a vital mission for Robin. As Robin joins the quest to unravel the coded clues leading to the mysterious Thesaurus Patriae, Marian decides to act alone in helping Locksley villagers. (T)

8.00 **The National Lottery: Who Dares Wins** Nick Knowles hosts the National Lottery quiz where two teams of complete strangers compete to win £50,000 by completing a series of lists. (T)

8.50 **Casualty** It's crunch time as Harry has to decide between Tess and Charlie. Greg once again finds himself in trouble with Dixie. (T)

9.40 **The Omid Djalili Show** Omid talks about the three stages of marriage and having children. Sketches include the wannabe actor at old people's home and an over-zealous football referee. (T)

10.10 **BBC News; Weather** (T)

10.30 **Match of the Day** Gary Lineker presents highlights from today's eight Barclays Premier League matches. Manchester City face Bolton, who have struggled since the departure of Sam Allardyce. Allardyce takes his new team, Newcastle, to Fulham. Portsmouth host Tottenham, while Reading and Birmingham meet for the first time in the Premier League. (T)

12.00 FILM: Into the Sun (2005) Drama with Anthony Michael Hall. (T) **1.40** Friday Night with Jonathan Ross **2.40** Weatherview **2.45** Joins BBC News 24 (T)

BBC2

6.00 CBeebies **7.00** CBBC: Dogstar (T) **7.25** Dennis the Menace (R/T) **7.45** Watch My Chops (R/T) **8.00** Hider in the House (T) **9.00** TMi (T) **10.28** Diddy Dick and Dom (T) **10.30** Stupid (R/T) **10.55** The Story of Tracy Beaker (R/T) **11.25** What's New Scooby-Doo? (T) **11.45** Sportsround (T) **12.00 FILM: The Robe** (1953) Oscar-nominated biblical epic starring Richard Burton. (T) **2.10** Film 2007 with Jonathan Ross (T) **2.40** Seal Sanctuary (T) **2.55 FILM: Dragonslayer** (1981) Atmospheric fantasy-adventure starring Peter MacNicol. (T) **4.35** BBC Switch: Falcon Beach (T) **5.20** BBC Switch: Sound (T) **5.55** BBC Switch: Them (T) **6.10** The Culture Show (T)

7.00 **Snooker: UK Championships** Hazel Irvine presents live coverage from the concluding session of the second semi-final in Telford. (T)

8.00 **Coast** The team travel from Berwick-upon-Tweed to Aberdeen, highlighting Edinburgh's close connection with the coast. (R/T)

9.00 **Have I Got a Bit More News for You** Extended repeat of Friday's episode, with team captains Paul Merton and Ian Hislop and guest host Richard Madeley. (T)

9.40 **Snooker: UK Championships** Hazel Irvine introduces the concluding frames of the second semi final in Telford, with the first player to nine frames through to the final. (T)

11.10 **Kenneth Brannagh - A Culture Show Special** (T)

11.40 **FILM: In My Father's Den** (2004) When his father dies, a disillusioned war journalist returns home. Award-winning Kiwi drama with Emily Barclay, Matthew Macfadyen and Miranda Otto. (T)

1.40 The Culture Show (R/T) **2.30** **FILM: Roberto Succo** (2001) Drama starring Stefano Cassetti. (T) **4.30** Close

ITV1 Anglia

6.00 GMTV (T) **9.25** CITV: Horrid Henry (R/T) **9.40** Emu (T) **9.55** Supernormal (T) **10.10** My Parents Are Aliens (R/T) **10.40** Bernard (R/T) **10.50** Skyland (T) **11.20** Skyland (T) **11.50** ITV News and Weather (T) **12.00** Regional News and Weather **12.05** Saturday Cooks (T) **1.35 FILM: Snow Day** (2000) Comedy drama. Stars Chris Elliott, Mark Webber and Jean Smart. (T) **3.10 FILM: The Spy Who Loved Me** (1977) James Bond joins forces with his Russian female counterpart when a huge underwater craft abducts US and Russian submarines. The trail leads to a powerful shipping magnate who is implementing a scheme for world domination. Continues after the News. (T) **4.45** Regional News and Weather **5.00** ITV News and Weather (T) **5.15 FILM: The Spy Who Loved Me** (1977) Conclusion of today's James bond thriller starring Roger Moore, Barbara Bach, Curt Jurgens. (T) **6.15** The Westlife Show: Live **(New)** (T)

7.15 **The X Factor Final** Dermot O'Leary presents the grand finale of this year's X Factor competition. (T)

8.50 **All Star Family Fortunes** Tonight, actress Claire King takes on Radio 1 DJ Edith Bowman. (T)

9.35 **The X Factor Final Results** The finalists have one last chance to win over the voting public as they perform what will be the winner's single for the first time. Then, it's decision time for the finalists as Dermot O'Leary announces this year's X Factor winner. (T)

10.35 **ITV Weekend News and Weather** (T)

10.50 **TV's Naughtiest Blunders (New)** Neil Morrissey introduces more of television's most outrageous out-takes. (T)

12.00 ITV Play: Make Your Play (T) (Followed by ITV News Headlines) **4.10** The Jules and Lulu Show (R/T) **4.35** The Jules and Lulu Show (R/T) **5.00** CITV: Pocoyo (R/T) **5.10** Jim Jam and Sunny (R/T) **5.20** Engie Benjy (R/T) **5.30** Curious George (R/T) **5.45** Pocoyo (R/T) **5.55** ITV Early Morning News (T)

FOUR

6.00 The Hoobs (R/T) **6.25** The Hoobs (R/T) **6.50** The Treacle People (R/T) **7.00** Goalissimo (R/T) **8.00** The Morning Line (T) **8.50** T4: One Tree Hill (T) **9.50** Friends (R/T) **10.20** Friends (R/T) **10.55** Movie Special (T) **11.25** Mobileact Unsigned (R/T) **12.25** Friends (R/T) **1.00** Charmed (R/T) **2.00** Channel 4 Racing From Cheltenham and Doncaster (T) **4.00** Richard & Judy's Christmas Books **5.00** Time Team (R/T) **6.00** Codex (T) **6.45** Channel 4 News (T)

7.30 **Deal Or No Deal** A quarter of a million pounds, 22 sealed boxes and one question: Deal or No Deal? (T)

8.15 **This Is Civilisation** Tonight's concluding episode tells the story of modern art and culture, from its beginnings in artists like Picasso, Klee and Mondrian, right up to the present day. It's a journey which ends with the booming contemporary art scene in Beijing. (T)

9.15 **100 Funniest Moments** We all love an iconic laugh-out-loud TV moment, but forget those tired old scenes you've seen a million times from sitcoms and sketch shows, what we really love are those slip-ups, laughs, gaffes and forgotten gags which come from a diverse range of places; from chat-shows to hidden camera stunts, internet viral attachments to stand-up comedy spots, the controversial, unexpected and often unintentionally funny moments. Narrated by Rob Brydon and featuring interviews with Jon Culshaw, Meera Syal, Paul Kaye, Michael Barrymore and the Jackass team this promises to be the funniest 100 Greatest ever made. (R/T)

1.25 FILM: Conquest of The Planet of The Apes (1972) Sci-fi drama with Roddy McDowall. (T) **3.00** Hallo Panda (R/T) **3.35** Wild Things (R/T) **4.25** Headland (R) **5.15** Countdown (R/T)

FIVE

6.00 Sunrise **7.00** Milkshake! **10.00** The Gadget Show (R/T) **11.00** Football Italiano Highlights (T) **11.30 FILM: Noah's Ark** (1999) Lavish drama with Jon Voight. (T) **2.00 FILM: The Adventures Of Robin Hood** (1938) Adventure starring Errol Flynn. (T) **3.55 FILM: The Neverending Story** (1984) Fantasy adventure with Barret Oliver. (T) **5.45 FILM: Gremlins** (1984) Comedy horror with Zach Galligan. (T)

7.30 **five news and sport** The latest national and international headlines. (T)

7.50 **NCIS** Drama series following a team of special agents who investigate crimes connected to Navy and Marine Corps personnel. The body of a woman in a navy uniform is found by two sailors. (R/T)

8.45 **NCIS** A bombing range used for target practice by the marines is found to be the dumping ground for mafia victims, among them an undercover FBI agent. (R/T)

9.40 **CSI: Crime Scene Investigation** The disappearance of a casino employee leads the police to uncover a UFO cult that believes reptilian aliens are taking over the world. The missing woman soon turns up dead on a ranch in the desert, but the police struggle to locate her husband, who may also have been a victim of the cult. (R/T)

10.40 **Law and Order: SVU** The detectives probe the murder of a graduate student who had been working to rehabilitate hardened criminals. (T)

11.40 **Criminal Minds** Drama series following the FBI's Behavioural Analysis Unit as they attempt to solve crimes through psychological profiling. The team track a vigilante who may be killing acquitted prisoners. (R/T)

12.40 Quiz Call **5.10** Wildlife SOS (R/T) **5.35** Wildlife SOS (R/T)

SATELLITE

SKY ONE

6.00am Pop Years **7.00** America's Dumbest Criminals **7.30** The Book Show **8.00** Mission Implausible **9.00** Soccer A.M. **12.00pm** Brainiac: Science Abuse **1.00** Vroom Vroom **2.00** Futurama **2.30** Futurama **3.00** Futurama **3.30** Futurama **4.00** Futurama **4.30** Cirque de Celebrite **6.00** A Town Called Eureka **7.00** Stargate Atlantis **8.00** Hammerheads: Nomads Of The Sea **9.00** Ross Kemp: Teenage Gangs Of South London **10.00** Robbie Williams Live At The Albert Hall **11.30** Nothing But The Truth **12.25am** Bones **1.25** Bones **2.25** Road Wars **3.20** Nip/Tuck **4.15** Nip/Tuck **5.10** Guilty!

ITV2

6.00am GMTV2 **9.25** Emmerdale Omnibus **12.05pm** Coronation Street Omnibus **2.30** All Star Family Fortunes **3.15** Xtra Factor: Best & Worst 1 (2006) **4.15** Xtra Factor: Best & Worst 2 (2006) **5.15** Xtra Factor: Best & Worst 3 (2006) **6.15** Xtra Factor: The Winner's Story 2006 **7.15** The New Adventures of Superman **8.15** Planet's Funniest Animals **8.50** Xtra Factor Final **9.35** Superstar Weddings: Gone Bad **10.05** Heartthrobs: Gone Bad **10.35** Xtra Factor Final Results **11.35 FILM:** Cliffhanger **1.40am** The X Factor Final Results **2.40** Xtra Factor Final Results **3.40** Emmerdale Omnibus

BBC3

7.00pm Top Gear **8.00** Xtreme Teen Drivers **8.30** The Real Hustle **9.00 FILM:** Godsend **10.35** Little Britain **11.10** Two Pints of Lager and a Packet of Crisps **11.40** Two Pints of Lager and a Packet of Crisps **12.10am** Comedy Shuffle **12.40** Comedy Shorts: Best of 2007 **1.45** Tittybangbang3 **2.15** The Real Hustle **2.45** Two Pints of Lager and a Packet of Crisps **3.15** Two Pints of Lager and a Packet of Crisps **3.45** Comedy Shorts: Best of 2007 **4.55** Close

BBC4

7.00pm The Life and Adventures of Nicholas Nickleby **8.00** The Life and Adventures of Nicholas Nickleby **9.00** Lead Balloon **9.30** More Dawn French's Boys Who Do: Comedy **10.00 FILM:** Les Choristes **11.30** The Haunted Airman **12.40am** More Dawn French's Boys Who Do: Comedy **1.10** Goodbye Children Everywhere **2.10** The Haunted Airman **3.20** More Dawn French's Boys Who Do: Comedy **3.50** Close

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MKLIFE | TELEVISION

SUNDAY
December 16

BBC1

6.00 Breakfast (T) **7.25** Match of the Day (R/T) **9.00** The Andrew Marr Show (T) **10.00** Christmas Voices (T) **11.00** Countryfile (T) (Followed by Weather for the Week Ahead) **12.00** BBC News (T) **12.05** Cash in the Attic (T) **12.50** Keeping Up Appearances (R/T) **1.20** Diagnosis Murder (R/T) **2.10** EastEnders (R/T) **4.05** Robin Hood (R/T) **4.50** Lifeline (T) **5.00** Songs of Praise (T) **5.50** Cranford (R/T) **6.50** Strictly Come Dancing (T)

7.35 BBC News; Regional News; Weather A round-up of national and international news. (T)

8.00 Antiques Roadshow Michael Aspel and the team visit Rochester Castle and make some surprising finds, including a rare Scottish sword found behind a chimney and delivery bicycles still in regular use. (T)

9.00 Cranford Dr Harrison finds both his career and reputation ruined and his courtship destroyed. Miss Matty receives devastating news, but the ladies of Cranford rally to help. (T)

10.00 BBC News; Weather (T)

10.20 Dawn French's Boys Who Do Comedy Dawn French interviews her favourite male comedians, including Steve Coogan, John Cleese, Simon Pegg, Jimmy Tarbuck, Russell Brand and Ken Dodd. (T)

10.50 Match of the Day 2 Gary Lineker presents highlights from today's two big Barclays Premier League matches: Manchester United V Liverpool and Arsenal V Chelsea. (T)

11.50 FILM: The Price of Beauty (2000) Drama about two small-town girls who arrive in Chicago to find fame and fortune. Stars Marina Black, Julie Condra and Shane Daly. (T)

1.15 Weatherview **1.20** Sign Zone: Watchdog (R/T) **1.50** Holby City (R/T) **2.50** The Nature of Britain (R/T) **3.40** The Nature of Britain (R/T) **4.40** Joins BBC News 24 (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.30** Hedz (R/T) **10.00** Something for the Weekend (T) **11.30** Animal Park (R/T) **12.30 FILM: Attack on the Iron Coast** (1968) World War II action drama starring Lloyd Bridges, Andrew Keir and Sue Lloyd. (T) **2.00** Snooker: UK Championships (T) **6.00** My Life with Animals: Charlotte Uhlenbroek (R/T) **6.30** An Otter in the Family (T)

7.00 Earth: The Power of the Planet Geography series with Dr Iain Stewart. Iain travels to surfers' paradise Hawaii to learn more about oceans, explaining the difference between waves, tides and currents. (R/T)

8.00 Snooker: UK Championships Continuation from this afternoon. The UK Championship celebrates it's 30th birthday this year and has long been considered the second most prestigious tournament on the snooker calendar. Tonight a maximum of 11 frames will decide the 2007 Champion and the winner of a cheque for £100,000. Steve Davis and John Parrott join Hazel Irvine for live coverage from the Telford International Centre. Commentary from Clive Ebdon. (R/T)

11.00 Graham Norton Uncut Extended repeat of the chat show featuring celebrities, live music and fabulous weirdness from the great British public. (T)

11.45 FILM: A Man Called Horse (1970) Powerful drama about a 19th-century English aristocrat who is captured by the Sioux and integrated into their culture. After taking him captive, the Native Americans decide that he has value and choose to keep the man alive, subjecting him to a series of painful initiation ceremonies. Stars Richard Harris. (T)

1.35 Joins BBC News 24 **4.30** Close

ITV1 Anglia

6.00 GMTV (T) **9.25** The Championship (T) **10.25** CITV: Art Attack (R) **10.50** Finger Tips (R/T) **11.10** Jim Jam and Sunny (T) **11.25** Jim Jam and Sunny (T) **11.40** Pocoyo (R/T) **11.50** The Amazing Adrenalini Brothers (R/T) **12.00** ITV News and Weather (T) **12.10** Regional News and Weather **12.15 FILM: Beethoven's 5th** (2003) Fifth offering from the Beethoven series. Stars Tom Poston, Dave Thomas and Faith Ford. (T) **1.55** The X Factor Final (R/T) **3.30** The X Factor Final Results (R/T) **4.30** Best Ever Worst Auditions 3 (R/T) **5.30** Paul Potts: By Royal Command **(New)** (T) **6.30** Regional News and Weather **6.45** ITV News and Weather (T)

7.00 Emmerdale Lisa is stunned to find out that Jo plans to adopt Sarah. (T)

7.30 Coronation Street David's imminent departure leaves Sarah fuming, and Michelle's overprotective behaviour concerns Steve. (T)

8.00 Heartbeat The police investigate the suspected suicide of a young man, but uncover something more sinister - and Peggy's double arrives in town. (T)

9.00 Parkinson: The Final Conversation Michael Parkinson bows out in style with a glittering guest list of celebrities, including David Beckham, Peter Kay, Billy Connolly, Sir Michael Caine and Sir David Attenborough. (T)

11.00 ITV Weekend News and Weather (T)

11.15 Real Crime: The Almost Perfect Murder (R/T)

12.15 Alpha: Did It Change Their Lives? (T) **1.10 FILM: Play It to the Bone** (2000) Boxing comedy drama. Stars Antonio Banderas, Woody Harrelson and Lolita Davidovich. (T) (Followed by ITV News Headlines) **3.15** The Jeremy Kyle Show (R/T) **4.10** ITV Nightscreen **5.00** CITV: Pocoyo (R/T) **5.10** Jim Jam and Sunny (R/T) **5.20** Engie Benjy (R/T) **5.30** Curious George (R/T) **5.45** Pocoyo (R/T) **5.55** ITV Early Morning News (T)

FOUR

6.00 Cubeez (R/T) **6.10** Transworld Sport (T) **7.00** Freesports on 4 **8.00** World Cup Skiing **8.55** T4: The O.C. (R/T) **9.55** Movie Special (T) **10.30** Hollyoaks Omnibus (R/T) **1.00** Mobileact Unsigned (T) **2.05** Friends (R/T) **2.40** Ugly Betty (R/T) **3.40** The Simpsons (T) **4.15** The Simpsons (T) **4.50 FILM: Jingle All The Way** (1996) Festive comedy, starring Arnold Schwarzenegger, Phil Hartman and Rita Wilson. (T) **6.25** Scrapheap Challenge (T)

7.30 Channel 4 News Includes sport and weather. (T)

8.00 Make Me A Muslim (New) Six volunteers agree to live under Islamic law in a bid to understand more about the religion and to explore what it could bring to their lives. In the first episode, the group of six non-Muslims and one lapsed Muslim from Harrogate get their first taste of Islam. (T)

9.00 FILM: A Knight's Tale (2001) A peasant squire takes up the identity of his master when the knight suffers an untimely demise. Action adventure tale, starring Heath Ledger, Rufus Sewell and Shannyn Sossamon. (T)

11.25 Addicted To Porn Pornography is now more easily accessible than ever before - it's a click away on the internet. And many men are finding their everyday relationships in peril because of their porn addiction. Addicted to Porn examines this condition and explores the growing evidence that there is a chemical basis for this, uncovering the human costs of this addiction along the way. (T)

12.30 4music: Album Chart Show: David Gray Special (T) **1.00** Phil Spector's Demons (R/T) **2.00 FILM: The New Age** (1993) Drama with Peter Weller, Judy Davis and Patrick Bauchau. (T) **3.55** Friday Night In (R/T) **4.05** Fast Spin Fling (R/T) **4.10** Headland (R) **5.05** Countdown (R/T) **5.50** Cubeez (R/T)

FIVE

6.00 Milkshake! **11.00** 8 Simple Rules (T) **11.30** Beyond the Break (T) **12.00** Wild Events (R/T) **12.30** Wild Challenge (T) **12.40** St Martin-in-the-Fields **(New)** (T) **1.30** Football Italiano (T) **4.25 FILM: Shout at the Devil** (1976) Action drama with Lee Marvin, Roger Moore and Barbara Parkins. (T) **6.40** five news and sport (T)

7.00 FILM: Little Black Book (2003) A talkshow producer who is tired of her boyfriend's refusal to talk about his past sneaks a look in his personal digital organiser to find out more about his ex-girlfriends. Using her position on the show to arrange interviews with her boyfriend's past conquests, she soons gets more than she bargained for, especially when she becomes friends with one of his exes. Romantic comedy with Brittany Murphy, Ron Livingston and Holly Hunter. (T) (Followed by five news update)

9.00 FILM: Closer (2004) A would-be novelist in a relationship with a free-spirited stripper falls for a photographer. After she spurns him, she begins a relationship with another man and, as the years pass, insecurities bubble to the surface in both relationships, sparking a four-way tug of love. Hard-edged drama with Julia Roberts, Jude Law and Natalie Portman. (T)

11.00 FILM: Enough (2002) A woman's dream marriage turns into a nightmare when she discovers her husband's violent nature and takes the decision to run away with her daughter. Tense thriller with Jennifer Lopez, Billy Campbell and Juliette Lewis. (T)

1.10 NFL Live **4.50** Now Is the Time: Night of Combat - Kick Boxing **5.35** Motorsport Mundial

SATELLITE

SKY ONE

6.00am Hour of Power **7.00** Little Monsters **8.00** Are You Smarter Than A 10 Year Old? **9.00** Brainiac's Test Tube Baby **10.00** Buffy The Vampire Slayer **11.00** WWE - Experience **12.00pm** Robot Wars: Extreme **1.00** Brainiac: Science Abuse **2.00** Project Runway **3.00** Bones **4.00** Bones **5.00** The Simpsons **5.30** The Simpsons **6.00** Are You Smarter Than A 10 Year Old **7.00** SIMPSONS E **7.30 FILM:** Mrs Doubtfire **9.55** Bones **10.55** Robbie Williams: A Close Encounter **12.25am** Pop Years **1.25** Death By Excess **2.25** Buffy The Vampire Slayer **3.20** Nip/Tuck **4.15** Nip/Tuck **5.10** Guilty!

ITV2

6.00am GMTV2 **9.25** All Star Family Fortunes **10.05** The Westlife Show: Live **11.10** Emmerdale Omnibus **1.55pm FILM:** Back to the Future, Part III **4.05** Coronation Street Omnibus **6.25** The X Factor Final **8.00** The X Factor Final Results **9.00 FILM:** Cliffhanger **11.10 FILM:** Daylight **1.20am** Coronation Street **1.50** The X Factor Final **3.15** The X Factor Final Results **4.10** Teleshopping **5.10** ITV2 Nightscreen

BBC3

7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00** Liverpool Nativity **9.00** Don't Tell the Bride **10.00** Tittybangbang3 **10.30** The Mighty Boosh **11.00** Liverpool Nativity **12.00am** Don't Tell the Bride **12.55** Tittybangbang3 **1.25** The Mighty Boosh **1.55** Baby Faced Body Builders **2.50** Xtreme Teen Drivers **3.20** Looking After Mum **4.15** Doctor Who Confidential **4.30** Close

BBC4

7.00pm The Life and Adventures of Nicholas Nickleby **8.00** The Life and Adventures of Nicholas Nickleby **9.00** The Moon **10.00** Star Men **10.40** A View from a Hill **11.20** The Late Edition **11.50** A Game of Two Eras: 1957 v 2007 **12.50am** The Moon **1.50** Star Men **2.30** A View from a Hill **3.10** A Game of Two Eras: 1957 v 2007 **4.10** The Late Edition **4.40** Close

MONDAY
December 17

BBC1

6.00 Breakfast (T) **9.15** To Buy or Not to Buy (R/T) **10.00** Escape to the Country (T) (Followed by BBC News; Weather) **11.00** Homes under the Hammer (T) **11.30** Car Booty (R/T) (Followed by BBC News; Weather) **12.15** Bargain Hunt (R/T) **1.00** BBC News; Weather (T) **1.30** Regional News and Weather (T) **1.40** Doctors (T) **2.10** Monk (T) **2.50** 'Allo 'Allo! (T) **3.20** BBC News and Weather (T) **3.25** CBBC **5.25** Newsround (T) **5.35** Cash in the Attic (R/T) **6.00** BBC News and Weather (T) **6.30** Regional News Programmes (T)

7.00 **The One Show** Adrian Chiles and Christine Bleakley present a magazine series featuring a mix of interviews, topical reports and features from around the UK. (T)

7.30 **Junior Mastermind** (T)

8.00 **EastEnders** Steven's determination to make amends leaves Jane uneasy. Sean's return to the square makes Max and Stacey uneasy. (T)

8.30 **Panorama** (T)

9.00 **Monarchy: The Royal Family at Work** Documentary series providing insight into the work of the Queen and other members of the Royal Family over the course of a year. (T)

10.00 **BBC News; Regional News; Weather** (T)

10.25 **Regional News and Weather** The latest news from your region, plus local weather. (T)

10.35 **Live at the Apollo** (T)

11.20 **FILM: Moonlight Mile** (2002) Drama set in the 1970s, in which love and death collide as a young man's fiancee dies suddenly, and he is left to grieve with her parents while falling in love with another woman. Stars Jake Gyllenhaal. (T)

1.10 Weatherview **1.15** Sign Zone: The Money Programme (R/T) **1.45** Wilfred Owen: A Remembrance Tale (R/T) **2.45** The Eight Hundred Million Pound Railway Station (R/T) **3.15** Arrange Me a Marriage (R/T) **4.15** Joins BBC News 24 (T)

BBC2

6.00 CBeebies **7.00** CBBC **8.30** CBeebies **10.50 FILM: The Boatniks** (1970) Disney comedy adventure with Robert Morse. (T) **12.30** Working Lunch (T) **1.00** Animal Park (R/T) **2.00** Olympic Dreams (R/T) **2.45** Living in the Sun (T) **3.45** Flog It! (R/T) **4.30** Ready Steady Cook (T) **5.15** The Weakest Link (T) **6.00** Eggheads (R/T) **6.30** Strictly Come Dancing: It Takes Two (T)

7.00 **Bears on the Black Run** Nature documentary following the adventures of two families of black bears who have made their homes on and around the world-famous Whistler Mountain ski resort in Canada. (R/T)

7.30 **Nation on Film** Michael Buerk narrates a documentary which looks back at 40 years of local radio in Britain. (T)

8.00 **University Challenge** Student quiz hosted by Jeremy Paxman. (T)

8.30 **Nigella's Christmas Kitchen** Nigella Lawson lays out her philosophy for not only coping with but actively enjoying Christmas, with plenty of recipes for the festive season. (R/T)

9.00 **Dragons' Den** Evan Davis presents a series in which budding entrepreneurs get three minutes to pitch their business ideas to five multi-millionaires willing to invest their own cash. (T)

10.00 **Have I Got News for You** The comedy news quiz, with team captains Paul Merton and Ian Hislop and guest host Richard Madeley. (R/T)

10.30 **Newsnight** Comprehensive coverage of today's important national and international news stories. (T) (Followed by Weather)

11.20 **London Calling: Inside the BBC World Service** Documentary series which goes behind the scenes at that most venerable of institutions, the BBC World Service. (T)

12.20 Joins BBC News 24 **4.15** Close

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** Christmas Cooks **(New)** (T) **11.30** The Best of This Morning **(New)** (T) **12.30** Loose Women Christmas Crackers **(New)** (T) **1.30** ITV Lunchtime News and Weather (T) **2.00** 60 Minute Makeover (T) **3.00** The Alan Titchmarsh Christmas Show **(New)** (T) (Followed by Local Weather) **4.00** Midsomer Murders (R/T) **6.00** Regional News and Weather **6.30** ITV Evening News and Weather (T)

7.00 **Emmerdale** The Dingles give Jo and Andy a hard time about Sarah. (T)

7.30 **Coronation Street** Michelle comes face-to-face with her past. (T)

8.00 **Tonight** (T)

8.30 **Coronation Street** Michelle confronts Ryan's stalker, but is left with more questions than answers. (T)

9.00 **Blue Murder** An army battalion's preparations to fight overseas are interrupted by a vicious and fatal attack on an unpopular NCO. Janine soon finds herself working alongside a handsome Royal Military Police Major - but as their personal relationship develops, will it get in the way of the murder investigation? (T)

10.30 **ITV News and Weather** (T)

11.05 **FILM: The War of the Roses** (1989) Black comedy about a couple whose marriage break-up degenerates into a pitched battle fought out in their beautiful mansion, which neither is prepared to vacate in favour of the other. Stars Michael Douglas, Kathleen Turner and Danny DeVito. (T)

1.10 UEFA Champions League Weekly (T) **1.40** ITV Play: Make Your Play (T) (Followed by ITV News Headlines) **4.10** Quincy, ME (R/T) **5.00** CITV: Pocoyo (R/T) **5.10** Jim Jam and Sunny (T) **5.20** Engie Benjy (R/T) **5.35** Curious George (R/T) **5.45** Pocoyo (R/T) **5.55** ITV Early Morning News (T)

FOUR

6.00 The Hoobs (R/T) **6.50** The Treacle People (R/T) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R/T) **7.55** Just Shoot Me (R/T) **8.20** Frasier (R/T) **8.50** T4: Debutantes (R/T) **9.10** Debutantes (R/T) **9.20** Friends (R/T) **9.55** Friends (R/T) **10.25** The Simpsons (R/T) **10.55** Mobileact Unsigned (R/T) **12.00** News at Noon (T) **12.30** Come Dine with Me (R/T) **1.00** 3 Minute Wonder (R/T) **1.05 FILM: The Long Ships** (1963) Action adventure tale with Richard Widmark. (T) **3.25** Countdown (T) **4.15** Deal Or No Deal: Scrooge Vs. Santa (T) **5.00** The Paul O'Grady Show (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** (T)

7.55 **3 Minute Wonder** (T)

8.00 **Make Me A Muslim** In the second episode of the series, Ajmal realises that his attempt to bring Islam to the traditional town of Harrogate has not been going well. (T)

9.00 **Dispatches: How Safe Are Your Christmas Toys?** Are there killer toys on sale this Christmas in Britain? Dispatches has bought dozens of toys from shops and markets in major British cities and has had their safety tested. (T)

10.00 **FILM: O Brother, Where Art Thou?** (2000) Homer's epic poem "The Odyssey", set in the deep south during the 1930's. In it, three escaped convicts search for hidden treasure while a relentless lawman pursues them. Comedy starring George Clooney. (T)

11.55 **FILM: Solaris** (1972) The Solaris mission has established a base on a planet that appears to host some kind of intelligence, but the details are hazy and very secret. Sci-fi thriller with Natalya Bondarchuk. (T)

1.45 The Invasion (R/T) **2.00** World Cup Skiing **3.50** 3 Minute Wonder (R/T) **3.55** 3 Minute Wonder (R/T) **4.00** 4music: Mobileact Unsigned (R/T) **5.00** Make Me A Muslim (R/T)

FIVE

6.00 Milkshake! **9.00** Stargate Atlantis (R/T) **10.00** Everybody Hates Chris (R/T) **10.30** Trisha Goddard (R/T) **11.30** five news (T) **12.00** Home and Away (R/T) **12.30** Cooking the Books (R/T) **1.00** Hanrahan Investigates (T) **1.30** Russell Grant's Postcards (R/T) **1.40 FILM: Chance of Snow** (1998) Heartwarming drama with JoBeth Williams. (T) **3.30** five news update (T) **3.40 FILM: Max Q: Emergency Landing** (1998) Thriller with Bill Campbell. (T) **5.30** five news (T) **6.00** Home and Away (T) **6.30** Cooking the Books (T)

7.00 **five news** (T)

7.15 **Polar Bear Week with Nigel Marven (New)** Zoologist Nigel Marven explores the wildlife of the Canadian Arctic. (T) (Followed by five news update)

8.00 **The Gadget Show** Jason Bradbury and Suzi Perry put rugged watches and multimedia players through their paces, while Jon Bentley visits some of Britain's leading technology companies to have a sniff around their research and development facilities. (T)

9.00 **Street Crime Live** Donal MacIntyre presents a live show from London, where he reviews the issues that have been explored throughout the series - with a special focus on teenagers as victims and perpetrators of crime. (T)

10.00 **FILM: Stripes** (1981) Madcap comedy about two young good-for-nothings who join the US Army on an impulse but are shocked when they meet the sadistic drill sergeant at basic training. Their platoon is full of misfits trying to rebel, whose crazy schemes and pranks include a mud-wrestling match with a team of topless waitresses. With Bill Murray, Harold Ramis and Warren Oates. (T)

12.10 Sexilicious (T) **1.10** NBA 360 **1.35** NFL Live **4.50** Race and Rally UK **5.15** AMA Supercross Review of the Year

SATELLITE

SKY ONE

6.00am Cruise with Stelios: Caribbean **6.30** Lion Man **7.00** Malcolm in the Middle **7.30** Are You Smarter Than A 10 Year Old **8.30** Malcolm in the Middle **9.00** The Dog Whisperer **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Are You Smarter Than A 10 Year Old **1.00** Cruise with Stelios: Caribbean **1.30** Lion Man **2.00** Bones **3.00** Stargate SG-1 **4.00** Stargate SG-1 **5.00** Are You Smarter Than A 10 Year Old **6.00** Futurama **6.30** The Simpsons **7.00** The Simpsons **7.30** The Simpsons **8.00** The Simpsons **8.30** The Simpsons **9.00 FILM:** Robin Hood: Men In Tights **11.00** Journeyman **12.00am** Tenerife Uncovered **12.50** Tenerife Uncovered **1.40** Red Light Girls **2.40** The Villa **3.30** Nip/Tuck **4.20** Nip/Tuck **5.10** Guilty!

ITV2

6.00am GMTV2 **9.25** Coronation Street **9.55** Emmerdale **10.25** Emmerdale **10.55** The Montel Williams Show **11.35** Judge Judy **12.00pm** Coronation Street **12.30** Emmerdale **1.00** Emmerdale **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.40** The Ricki Lake Show **4.25** Sally Jessy Raphael **5.15** Airline **5.40** Judge Judy **6.05** Judge Judy **6.35** Judge Judy **7.00** The New Adventures of Superman **8.00** The Westlife Show: Live **9.00 FILM:** Demolition Man **11.25** Coronation Street **11.55** Coronation Street **12.25am FILM:** Assassins **2.50** Teleshopping **5.50** ITV2 Nightscreen

BBC3

7.00pm Sound **7.30** The Real Hustle **8.00** All New House of Tiny Tearaways **9.00** Little Britain **9.30** Tittybangbang3 **10.00** EastEnders **10.30** Can Fat Teens Hunt? **11.30** Tittybangbang3 **12.00am** The Real Hustle **12.25** Kizzy: Mum at 14 **1.25** Radio 1 on Three **2.20** Can Fat Teens Hunt? **3.20** All New House of Tiny Tearaways **4.20** Close

BBC4

7.00pm World News Today **7.30** Children's TV on Trial: The Kids' Verdict **8.30** Abigail's Party Pack **9.00** All About Abigail's Party **10.00** Abigail's Party **11.40** The Stalls of Barchester **12.30am** Children's TV on Trial **1.30** Abigail's Party Pack **2.00** All About Abigail's Party **3.00** Children's TV on Trial: The Kids' Verdict **4.00** Close

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MKLIFE | TELEVISION

TUESDAY
December 18

BBC1

6.00 Breakfast (T) **9.15** To Buy or Not to Buy (R/T) **10.00** Escape to the Country (T) (Followed by BBC News; Weather) **11.00** Homes under the Hammer (T) **11.30** Car Booty (R/T) **12.15** Bargain Hunt (R/T) **1.00** BBC News; Weather (T) **1.30** Regional News and Weather (T) **1.40** Doctors (T) **2.10** Monk (T) **2.50** 'Allo 'Allo! (T) **3.20** BBC News and Weather (T) **3.25** CBBC **5.00** Blue Peter (T) **5.25** Newsround (T) **5.35** Cash in the Attic (R/T) **6.00** BBC News and Weather (T) **6.30** Regional News Programmes (T)

7.00 **The One Show** (T)
7.30 **EastEnders** Honey refuses to believe Billy is the thief, and Stacey worries about Sean's motives. (T)
8.00 **Oliver Twist (New)** Drama adaptation of Charles Dickens' much-loved tale of a young orphan boy. (T)
9.00 **Spooks** War with Iran finally averted, the team learn that a London school will be the target of hardliners resisting the new peace. (T)
10.00 **BBC News; Regional News; Weather** (T)
10.25 **Regional News Programmes** (T)
10.35 **Reunited** Carol, Julie and Christine risk uncovering long-buried family secrets and lies in their separate quests to find a parent who left in mysterious circumstances when they were tiny children (T)
11.25 **Film 2007 with Jonathan Ross** (T)
11.55 **FILM: The Human Factor** (1979) Adaptation of Graham Greene's novel about a low-ranking Secret Service agent who is conned into supplying information to Eastern Bloc countries. Stars Nicol Williamson. (T)

1.45 Weatherview **1.50** Sign Zone: Cranford (R/T) **2.50** James May's Top Toys (R/T) **3.50** The Eight Hundred Million Pound Railway Station (R/T) **4.20** Karachi Uncovered (R/T) **4.50** Joins BBC News 24 (T)

BBC2

6.00 CBeebie **7.00** CBBC **8.30** CBeebies **10.55 FILM: The Lost World** (1960) Thrilling adventure starring Michael Rennie, Jill St John and David Hedison. (T) **12.30** Working Lunch (T) **1.00** Animal Park (R/T) **2.00** Olympic Dreams (R/T) **2.45** Living in the Sun (R/T) **3.45** Flog It! (R/T) **4.30** Ready Steady Cook (T) **5.15** The Weakest Link (R/T) **6.00** Eggheads (R/T) **6.30** Strictly Come Dancing: It Takes Two (T)

7.00 **Dragons' Den** Evan Davis presents a series in which budding entrepreneurs get three minutes to pitch their business ideas to five multi-millionaires willing to invest their own cash. (R/T)
8.00 **Oz and James's Big Wine Adventures** Oz and James return to the opulent Napa Valley. James is dismayed that, here, Cabernet is a trophy to be paraded, rather than a wine to be drunk and enjoyed. (T)
8.30 **Heston Blumenthal: In Search of Perfection** Culinary alchemist Heston Blumenthal makes his version of the common English trifle. (T)
9.00 **Earth: The Power of the Planet** Geography series with Dr Iain Stewart. (T)
10.00 **Room 101** Paul Merton hosts the chat show in which guests are given the opportunity to rid the world of the things they hate. Ian Hislop suggests The Beatles and Charlie Chaplin. (R/T)
10.30 **Newsnight** Comprehensive coverage of today's important national and international news stories. (T) (Followed by Weather)
11.20 **BBC Four on BBC Two: The Martians and Us** Series about the history of British science fiction. This edition looks at our relationship with aliens. (T)

12.20 Joins BBC News 24 **4.50** Close

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** Christmas Cooks (T) **11.30** The Best of This Morning (T) **12.30** Loose Women Christmas Crackers (T) **1.30** ITV Lunchtime News and Weather (T) **2.00** 60 Minute Makeover (T) **3.00** The Alan Titchmarsh Christmas Show (T) (Followed by Local Weather) **4.00** Midsomer Murders (R/T) **6.00** Regional News and Weather **6.30** ITV Evening News and Weather (T)

7.00 **Emmerdale** Pollard proposes to a stunned Val. Debbie offers Scarlett a job at the garage. (T)
7.30 **Anglia Special Edition** As Government plans for the radical reform of education take shape, this end-of-term report looks at the success of a £100 million schools shake-up in Peterborough.
8.00 **Trinny and Susannah Undress the Nation** In the last of their current series, Trinny and Susannah tackle the nation's uniforms - and re-design those of the catering staff in a hospital and workers in a supermarket. (T)
9.00 **Lose 30 Stone or Die (New)** Filmed over two-and-a-half years, this poignant and moving programme follows 50 stone Colin Corfield's battle to shed weight and reclaim his life. (T)
10.00 **Police, Camera, Action!** Adrian Simpson investigates Greater Manchester Police's new initiatives that encourage us to kick the speeding habit. (T)
10.30 **ITV News and Weather** A round-up of the latest news headlines plus a national weather forecast. (T)
11.05 **Carling Cup Highlights** Matt Smith introduces the best of the action from tonight's Carling Cup quarter-finals. (T)

12.05 ITV Play: Make Your Play (T) (Followed by ITV News Headlines) **4.10** Quincy, ME (R/T) **5.00-5.55** CITV **5.55** ITV Early Morning News (T)

FOUR

6.00 The Hoobs (R/T) **6.50** The Treacle People (R/T) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R/T) **7.55** Just Shoot Me (R/T) **8.25** Frasier (R/T) **8.55** T4: Debutantes (R/T) **9.10** Debutantes (R/T) **9.30** Friends (R/T) **10.00** Friends (R/T) **10.30** The Simpsons (R/T) **11.00** Mobileact Unsigned (R/T) **12.00** News at Noon (T) **12.30** Come Dine with Me (R/T) **1.00 FILM: Red River** (1948) Western with John Wayne. (T) **3.25** Countdown (T) **4.15** Deal Or No Deal: Scrooge Vs. Santa (T) **5.00** The Paul O'Grady Show (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** Includes sport and weather. (T)
7.55 **3 Minute Wonder** (T)
8.00 **Make Me A Muslim** n the final episode, Ajmal and his team of mentors are keen to make a lasting impression on the group and the town of Harrogate itself. (T)
9.00 **Ramsay's Kitchen Nightmares** The venue for tonight's final programme is The Granary in rural Hampshire, an upmarket restaurant, which at 200 seats, is the biggest Gordon's ever taken on. (T)
10.00 **My Boyfriend The Sex Tourist** Acclaimed director Monica Garnsey travels to Venezuela and Thailand to look at the global sex tourism industry from a fresh perspective - through the eyes of working girls in My Boyfriend the Sex Tourist. (T)
11.05 **The Secret Millionaire** Another chance to see last week's new episode. Multi-millionaire Mo Chaudry made his fortune having fun as the owner of Waterworld, the biggest aqua park in the UK. (R/T)

12.10 World Cup Skiing **2.10** KOTV (T) **2.35** Bluesqpoker.com Grosvenor UK Poker Tour (R) **3.35** Racing Rivals (R) **4.00** Freesports on 4 (R/T) **4.30** Freesports on 4 (R/T) **5.25** Adrenalin Rush (R)

FIVE

6.00 Milkshake! **9.00** Stargate Atlantis (R/T) **10.00** Everybody Hates Chris (R/T) **10.30** Trisha Goddard (R/T) **11.30** five news (T) **12.00** Home and Away (R/T) **12.30** Cooking the Books (R/T) **1.00** Hanrahan Investigates (T) **1.30** Russell Grant's Postcards (R/T) **1.40 FILM: Naughty or Nice** (2004) Family drama with George Lopez, James Kirk and Lisa Vidal. (T) **3.30** five news update (T) **3.40 FILM: Mrs Santa Claus** (1996) Seasonal musical with Angela Lansbury, Charles Durning and Michael Jeter. (T) **5.30** five news (T) **6.00** Home and Away (T) **6.30** Cooking the Books (T)

7.00 **five news** National and international news. (T)
7.15 **Polar Bear Week with Nigel Marven** Zoologist Nigel Marven explores the wildlife of the Canadian Arctic. Nigel returns to Churchill where the Arctic foxes have had nine tiny cubs, and beluga whales have appeared in the river. (T) (Followed by five news update)
8.00 **Columbia's Final Flight: The True Story** Historical documentary looking at the space shuttle Columbia's final mission. On February 1, 2003, the flagship of NASA's fleet disintegrated in the sky above Texas, with the loss of all onboard. (T)
9.00 **CSI: Miami** Crime drama series based on the work of forensic investigators. A car-jacker turns up dead hours after CCTV footage of him committing a crime is aired on television. (T)
10.00 **CSI: Miami** Crime drama series based on the work of forensic investigators. A young woman is murdered after a night out. (T)
11.00 **Law and Order: Special Victims Unit** he detectives investigate when a prominent doctor is found murdered and his wife raped. (R/T)

12.00 Urban Legends (T) **12.30** Urban Legends (T) **1.00** NBA Basketball **4.10** French Football - Le Championnat **5.00** Football Italiano

SATELLITE

SKY ONE
6.00am Cruise with Stelios: Caribbean **6.30** Lion Man **7.00** Malcolm in the Middle **7.30** Are You Smarter Than A 10 Year Old **8.30** Malcolm in the Middle **9.00** The Dog Whisperer **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Are You Smarter Than A 10 Year Old **1.00** Cruise with Stelios: Caribbean **1.30** Lion Man **2.00** Bones **3.00** Stargate SG-1 **4.00** Stargate SG-1 **5.00** Are You Smarter Than A 10 Year Old **6.00** Futurama **6.30** The Simpsons **7.00** The Simpsons **7.30** The Simpsons **8.00** The Simpsons **8.30** The Simpsons **9.00** Battlestar Galactica: Razor **11.00** Inside... **12.00am** Greece Uncovered **12.50** Greece Uncovered **1.40** Red Light Girls **2.40** The Villa **3.30** Nip/Tuck **4.20** Nip/Tuck **5.10** Guilty!

ITV2
6.00am GMTV2 **9.25** Coronation Street **9.55** Emmerdale **10.25** The Montel Williams Show **11.10** Judge Judy **11.35** Judge Judy **12.00pm** Judge Judy **12.30** Coronation Street **1.00** Emmerdale **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.40** The Ricki Lake Show **4.20** Sally Jessy Raphael **5.05** Airline **5.35** Judge Judy **6.00** Judge Judy **8.00** Xtra Factor: Best & Worst **9.00 FILM:** National Lampoon's Christmas Vacation **11.00 FILM:** Die Hard **1.30am** Entourage **2.00** Xtra Factor: Best & Worst **2.55** Teleshopping **5.55** ITV2 Nightscreen

BBC3
7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00** All New House of Tiny Tearaways **9.00** Can Fat Teens Hunt? **10.00** EastEnders **10.30** Cut Up Kids **11.25** Can Fat Teens Hunt? **12.25am** Looking After Mum **1.20** Radio 1 on Three **2.20** Cut Up Kids **3.15** All New House of Tiny Tearaways **4.15** Doctor Who Confidential **4.30** Close

BBC4
7.00pm World News Today **7.30** Wainwright's Walks **8.00** The Art of Eternity **9.00** Crisis at the Castle **10.00** No 13 **10.40** Mr Vig and the Nun: Storyville **12.05am** Children's TV on Trial **1.05** Crisis at the Castle **2.05** Wainwright's Walks **2.35** No 13 **3.20** The Art of Eternity **4.20** Close

MKANNOUNCEMENTS

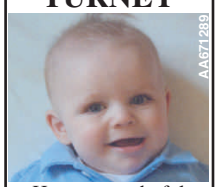
KAREN SHOOSMITH
Our Mum will be **Forty!!**
And still looks a bit naughty!!
Love you lots Abby & Brandon xxx
AA671907

KAREN SHOOSMITH
Hits 40
What is it about you with permed hair?
Have a fantastic Birthday.
Love Steve
AA671035

ROBERT MOORE
'Fowler'
Happy 21st Birthday Babe
10th December 2007

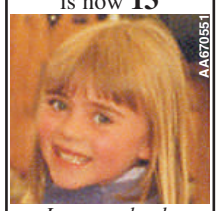
AA670993
Love you lots Tash xxxx

Who's the Cutest?
Happy 1st Birthday
RHYS TURNEY



AA671289
Have a wonderful Birthday at Disney.
Love Nanny, Grandad, James, Alex & Rebecca

SHAUNAGH SHANNON
Our Little Princess is now **13**



AA670551
Love you loads Mum, Dad and brother Kieran xxx

GWENDOLINE SIMMONS
13th December 2005
Much loved mum, nanna and great nanna.
Always in our thoughts, forever in our hearts.
Love Joy, Peter, Claire, Christopher & family
AA670739

In Memoriam

IRENE EDITH GILLINWATER
14 - 12 - 05
Two years have passed and we still sadly miss and love you.
From Bob & family
AA669687

KEN WHITE O.B.E.
10th December 2004
Missing you and thinking of you today and everyday.
Love from all your family
AA671068

JAKE HENDERSON
Happy 16th Birthday
10th December 2007
Lots of love from Dad, Kate & George xxx
AA670757

Happy 40th Birthday
ANDREW COLES

AA670530
Love from all the family

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DAILYLIFE

THURSDAY

QUEST for a King – Swordstone. Milton Keynes Central Library. A Year in the Telling – Storytelling at MK Libraries. The genesis of King Arthur brought vividly to life via fabulous storytelling and explosive percussion. Tickets £3 adult, £1.50 12-18 years available from Milton Keynes Central Library.
E-mail: central.library@milton-keynes.gov.uk

WOMEN in Business Network, Wavendon Golf Centre. Noon-2pm. Networking lunch organised by WIBN's South Milton Keynes branch. Price £18.
Web site: www.wibn.co.uk
Contact: 0845 004 9426

FRIDAY

Charity Auction and Cocktail Ball in aid of Willen Hospice, Giffard Park Pub, Giffard Park. Starts at 7.30pm. Entry free. Dress to impress. There will be musical entertainment and an auction that includes lots of McLaren Formula 1 merchandise and signed MK Dons and Northampton Saints memorabilia.

SATURDAY

VIVALDI Camerata Professional Christmas Concert by Candlelight, The Church of St Peter and St Paul, Olney. A candlelit Christmas concert of classical music by this popular professional ensemble featuring music by Bach, Mozart, Vivaldi and Corelli.
Starts at 7.30pm. Tickets £10 (under 18s free) available in advance from The Olney Centre (01234 711679)or at the door. More info available at www.davidlepage.co.uk

THE Christmas Cracker, The Pitz, Woughton Leisure Centre. Traditional knees-up with brass bands and Christmas karaoke plus an adults Santa's Grotto.
Hosting and headlining the event will be Milton Keynes premiere party band, The Pimples. Tickets from the venue £15 (including a traditional festive buffet).
For further details call 01908 200912.
E-mail: info@dylandesign.co.uk

CHRISTMAS celebration at Bletchley Park. 6pm-8pm. On the lawns of Bletchley Park, with the mansion specially lit for the occasion.Carols, music and a nativity with traditional fairground rides and refreshments. The evening will end with community carol singing.
Tickets at the gate. Adults £2; children under 16 £1; children under 5 free.
All proceeds will go to Bletchley Park.

FARMERS' Market, Wolverton. In the Town Hall car park, opposite Netto, from 9am until 1pm. Letters to Santa can be dropped off at the market, and a reply will be ready to collect from the Orchard on Sunday. Free service.

SUNDAY

HULA Animal Rescue, South Midlands Animal Sanctuary, Glebe Farm, Salford Road, Aspley Guise. Meet Father Christmas and help him find his missing reindeer. Xmas gifts, toys and books. See the Rescued Pets Awaiting Adoption. Feed the Farm Animals. Christmas Draw. Enjoy home-made refreshments and mince pies. 1-3.30pm. Admission: Adults: £2 - Accompanied Children free. Bring along your dogs and friends too for a great afternoon.

CHRISTMAS celebration at Wolverton Community Orchard. Carols in the sensory garden, scenes from Wind in the Willows and visit Santa in his North Pole Cabin. Small gifts will be provided. Mulled wine, hot chocolate, mince-pies, stollen and other seasonal treats. 3-6pm. The Orchard is to the rear of Western Road opposite the junction with Anson Road.

WOLVERTON Light Orchestra Christmas Concert, Stantonbury Theatre. A varied and entertaining programme of light classics and opera, selections from shows and films and orchestral 'top of the pops'. Profits to charity.

TUESDAY

PRE Natal Pilates. PATS Pilates Studio. 9.30-10.15am. Pilates session with specific attention to back care, postural alignment and stability for pre natal women.
E-mail: clare@pats-pilates.co.uk
Contact: Clare 01908 322722

PARKLIFE

Helping wildlife through the winter

WHILE you're wrapping up warm this winter spare a thought for your local wildlife.

Winter can prove to be a very hard time for a lot of animals.

Follow The Parks Trust's lead in helping wildlife survive until spring.

Like us, animals don't like extreme weather, they don't have central heating or duvets to keep them warm.

The chilly weather means plants grow slowly, or die back completely, and provide less food for plant-eating animals.

Whilst winter is traditionally a time to tidy away all garden debris – some untidiness can really help wildlife.

In the winter months the Trust thins out trees and shrubs to ensure the plants remain healthy for the coming of spring.

Often small piles of logs will be left in situ to rot naturally.

If your garden is large enough a small pile of logs or pruned branches can provide a great place to hibernate for hedgehogs, frogs, toads, newts and many insects.

Similarly a small pile of leaves in a sheltered area or amongst some long grass can allow animals to shelter from the worst of the weather.

The Parks Trust plants a variety of trees and shrubs to provide all year round colour and food for wildlife.

Climbers on walls or twining through trees should be incorporated into the wildlife planting scheme.

Ivy is particularly good at providing berries that mature through the winter providing a good source of food for birds when they need them most. Its leaves and branches are perfect for roosting and nesting birds as well as being a food source for caterpillars.

In winter digging over flower beds not only helps your soil for the spring but helps birds, like robins and blackbirds, look for insects and worms.

Once you start feeding the birds with seeds and nuts, don't stop as they will come to depend on you. A variety of seed and nuts means that you help and attract different birds to your garden.

Animals also need water for drinking and bathing, especially in winter if ponds are frozen.

Any shallow container makes an ideal bird bath or carefully break the ice on your pond to make sure the oxygen supply isn't blocked to frogs and toads that swim to the bottom of a pond for a wet winter.

Animals taking nature's nap should never be disturbed.

Although some creatures such as bats and hedgehogs will move nest during the winter period, waking a sleeping animal wastes its precious energy and reduces its chances of survival.

Remember that badgers and squirrels do not hibernate but sleep for longer periods of time through the winter months. Provide them with plenty of food when they wake and forage for some supper before returning to their slumber.

To discover more about wildlife near you visit theparkstrust.com

TASTELIFE

SANDWICH@SAM'S

27 High Street
Newport Pagnell
01908 616672
Review by Rob Gibson

SANDWICH@SAM'S has only been on the High Street for a month but is already proving popular with shoppers.

The shop offers free delivery of its freshly made sandwiches to offices across Milton Keynes.

We received a batch of sarnies

with a wide range of fillings to sample but the shop also sells snacks such as crisps and confectionery.

The drinks menu includes freshly ground coffee and blended fruit smoothies.

Shoppers can eat in or takeaway and the interior of the shop has been designed to create a young and trendy atmosphere according to the owner.

Diners can select from a variety of breads that range in price and include two fillings with salad.

There's white or granary bread (£2), white or granary baguettes (£2.20), wheat rolls (£1.70), torpedo rolls (£2.20), toasted cracked black pepper panini (£2.50) or ciabatta bread with olives or sun dried tomatoes (£2.50).

Once you have made your choice of bread, there are nearly 50 combinations of fillings to decide between.

Some favourites in our office included beef with horseradish, crayfish salad, ham and cheese, turkey and stuffing, and tomato with watercress.

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WILTON HALL

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New Year's Eve 2007

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Welcome drink and canapes
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January 2 2008

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11th	Friday	Glamrock Party	£22.50	Glambusters
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19 December 2007 - 6 January 2008

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Box Office: 01908 280800

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Wavendon Milton Keynes MK17 8LU
www.stables.org

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*Extra visits & under 2s charged £1.
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"It is a pleasure to be offered some simple, unaffected theatrical magic..."
The Sunday Times

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MK BUSINESS

Ladies do lunch

AROUND 50 businesswomen working in and around Milton Keynes gathered at The Swan at Salford recently for the Stiletto Lunch, the first in a series being hosted at the pub over the coming months.

The lunch was organised with the support of Women in Enterprise, the networking group for women in Milton Keynes and the surrounding area.

It provided an opportunity for women in business in the region to meet others in their own industry and beyond, share ideas and discuss ways of working together in future.

Swan owner Andrew Coath said, "The lunch was a great way for women in different walks of business life to meet and share ideas, discuss common ground and simply to network.

"It's the first of several we'll be hosting at The Swan and we hope it becomes an important event in the diaries of businesswomen throughout the area."

The next Stiletto Lunch takes place at The Swan on Thursday 17th January 2008 at 11.30am. Reservations can be made on line by visiting www.swansalford.co.uk or by calling 01908 281008.

The cost is £20 per person including a three course lunch.

Calendar puts dates on festive activities

DESTINATION Milton Keynes (DMK), the organisation charged with promoting a collective voice for tourism within the new city of Milton Keynes, has unveiled a calendar of events that will take place in and around the city throughout the festive period.

As part of the line up this year Milton Keynes is boasting the Wind in the Willows: A Christmas Tale display in the-centre:mk which includes a traditional carousel and other attractions based on the classic children's novel.

Also, Xscape is offering customers the opportunity to be enchanted by the magical Winter Wonderland including a visit from Santa, ice carving sessions and the chance to win a SMART car.

Milton Keynes Museum is presenting a window into Christmases past, by staging a Victorian Christmas every weekend until the December 16.

More recent 'traditions' haven't been ignored either with this year's pantomime Aladdin starring Bradley Walsh from Coronation Street.

"We're thrilled with the list of events," said Jackie Inskipp of Destination Milton Keynes, "With each passing year it becomes more of a challenge to top the previous year's exploits.

"Thankfully, the businesses in Milton Keynes haven't shied away from the challenge.

"They've really got into the spirit of things and have put a tremendous amount of effort into ensuring that the events are fun for all the family."

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Fit for work and play

SINCE Trinny and Susanah dared to bare on their television show Undress The Nation, UK women haven't been able to shut up about their bras.

The style gurus got 900 women to strip down to their underwear and dispose of their ill-fitting bras.

Now city department store House of Fraser is suggesting local women make use of its free fitting service.

Its consultants are fully trained in the art of bra fitting.

The store has 88 years experience in fitting, from everyday product to sexy large cup styles to premium high fashion ranges.

Getting fitted with the correct bra size can have a massive impact on a woman's life in terms of her everyday comfort, health, look of her outerwear and overall confidence in her own skin.

A woman's shape and size can change throughout her lifetime due to loss or gain of weight, age or pregnancy therefore it is important to have regular fittings as your size can fluctuate.

These figures indicate an emerging trend for larger cups and smaller back sizes, this may be due to more and more women being correctly fitted and discovering their true size.

Also here's some basics on the service:

How does the service work?

There is no formal appointment booking process, you can simply walk into any House of Fraser store, visit the lingerie department and ask for a bra fitting. All stores will have fully trained staff who specialise in bra fitting. There should be no waiting time except during busy times when you might have to wait for 10 minutes or so.

Who is it for?

Everyone from teenagers to elderly women or specialist fittings if needed. Whether you need a T-Shirt bra for work, a sexy plunge, a supportive full cup underwire or a more specialist nursing, sport or soft cup style.

How long does it take?

It depends on the customer's needs, if they already have an idea of what they want (brand, style, etc) it will take less time but most appointments take around 15-20 minutes

www.houseoffraser.co

A fantastic opportunity has arisen for a...

creative designer

to join MKNEWS, a forward thinking, innovative and progressive publisher of regional newspapers and magazines across Buckinghamshire.

We are looking for a highly motivated individual who is able to work to tight deadlines on press ads, page layouts, magazines, and web material. Some commercial experience would be advantageous but not essential.

You will be creative, have outstanding conceptual and apple-mac skills, a dexterous multi-tasker and team player. On a day to day basis you will be designing, artworking and amending ads. You will need to be technically sound, and have excellent knowledge of Quark, Photoshop and Illustrator.

Based in our modern new offices next to Willen Lake, this position offers a salary circa £13k - £15k, along with excellent benefits.

In the first instance please send your CV along with a covering letter to:
Mark Henderson, Group Studio Manager,
LSN Media, 22 Mill Street, Bedford MK40 3HD

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LSNmedia MKNEWS

As a member of Iliffe News & Media we also publish weekly newspapers and websites across Herts, Beds, Bucks, Cambs, Essex and the Midlands.
It is the company's policy to employ the best qualified personnel and provide equal opportunity for the advancement of employees including promotion and training and not to discriminate against any person because of sex, race, pregnancy, disability, marital or family status, ages, sexual orientation, religious beliefs or trade union memberships.

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Please email your CV and a covering letter to: careers@mediahawk.co.uk

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Full time experienced Medical Secretary required for busy general practice.

The candidate must be proficient with Microsoft Word and Excel and be able to work effectively as part of our secretarial team.
An ability to deal efficiently and sympathetically with patients is also important.
Hours: Monday to Friday 9.00am - 12.30pm and 2.00pm - 6.00pm

Please apply in writing with a current CV to:
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email your CV to
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mouchel

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Business Support Assistant

£17,100 - £20,800 pro rata - 23 hours per week **Ref HL0355/MKN**

Professional and highly organised, you will provide an effective administration service to the Connexions team and Youth Service Team Leaders. Your responsibilities will include dealing with telephone enquiries and helping to maintain the Connexions database. A team player with strong administrative skills, you will have experience of arranging meetings and diary management.

For an application form, email: jobs@milton-keynes.gov.uk
Call us 01908 253344 or 253462 (24 hour answerphone).
Please quote appropriate reference.

Closing date: 28 December 2007

We are unable to accept CVs, unless accompanied by a completed application form.

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For further details and an application form, please forward a S.A.E to the school office. Visits to the school are most encouraged.

Closing date: 18 December 2007

Interview date: 20 December 2007

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nextstep advice on learning and work

Careers Management

Bucks & Milton Keynes

Careers Management Bucks and Milton Keynes manages the LSC Government funded *nextstep* contracts within Milton Keynes, Buckinghamshire, Oxfordshire, Bedfordshire and Luton, as well as delivering many other adult advice and guidance contracts across the region. Through the *nextstep* contracts, we successfully deliver careers advice to over 15,000 adults in the region each year.

Careers Advisers

Based Bedfordshire and Luton
£16,593 - £28,654 p.a. depending on qualifications and experience (pro-rata for part-time)

We are looking for individuals to provide a range of information and advice services to clients in accordance with the *nextstep* contract and the company's established quality standards. The primary purpose of these roles will be to help adults in our target groups make effective decisions about learning and work opportunities.

You will need a good knowledge of occupational, career, learning and other pathway opportunities both locally and nationally. You will be capable of managing yourself and of working to strict contract targets and procedures. You must possess a strong drive and commitment to helping adults and be prepared to work towards, an NVQ 3 in Advice and Guidance or equivalent as a minimum requirement for this position. Full or part-time applications welcome. **Ref: BT1/11/07**

Local Referral Point Adviser

Based Milton Keynes
18 hours per week, £8,296.50 - £10,709 p.a.
(i.e. £16,593 - £21,418 pa pro-rata) depending on qualifications and experience

In this role, you will be responsible for providing a local referral point for use by clients, Learndirect, *nextstep* partners and key Stakeholders in the Bedfordshire and Luton area via telephone and email. You will book appointments with the delivery network for adults who fit the *nextstep* target group criteria, as well as offering information and advice to other adults in Beds and Luton to ensure they make effective decisions about learning and work. Signposting and referral to other information, advice and guidance services in the area will also be a key element of this role.

You will have experience of providing information and advice to adults, ideally gained in a Community and Voluntary sector, Library, Employment Service, Training Provider or Connexions Service. You must have a strong drive and commitment to customer services and will also have or be prepared to work towards an NVQ 3 qualification in Advice and Guidance. **Ref: BT2/11/07**

nextstep Administrator

Based Milton Keynes
Full or part-time applications welcome
£16,593 - £17,181 pa (pro-rata for part-time)

You will provide general administrative support to the *nextstep* management team. Specifically, you will assist with the inputting of entries on to a database and the collation of statistical reports from this database. There will also be a range of activities linked to the successful production of marketing materials across the network, and to the running of marketing and training events.

With excellent communication skills, you will have demonstrated an ability to work to deadlines and to work independently. A level 3 qualification (A levels/BTEC National/ NVQ 3) is desirable. **Previous applicants need not apply. Ref: BT3/10/07**

For more details/application pack, please email or write, quoting the appropriate reference(s) to cm.recruitment@vtplc.com or HR Dept, VT Education & Skills, Sutton House, Weyside Park, Catteshall Lane, Godalming, Surrey GU7 1XJ.

Closing date for receipt of completed applications is Monday, 17th December 2007.

www.vtplc.com/careersmanagement

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Band 4 £16,853 - £20,261 p.a.
Full Time - 37.5 Hours per week **Ref: SA171**

Closing date: Thursday 20 December 2007
Interviews will be held w/c 7 January 2008

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- Car driver/owner essential.

Senior Community Care Worker

providing care and support to both service users and colleagues, the successful applicant must be an experienced care worker and have the ability to provide administrative support if required.
- Hours to be worked between 8am-12 midday.
- Salary neg. depending on experience.
- Car driver/owner essential.

All successful applicants will be required to have an enhanced Criminal Records Bureau check.
Closing date for all applications is 21st December 2007.

For further information or an informal chat please contact Kim Nicholson on 01767 317311 or email Sageinfo@sage-care.co.uk

We are an equal opportunities employer and welcome applications from suitably qualified people regardless of age, sex, marital status, race, religion, politics or disability.

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We currently are looking for
Warehouse Operatives, Retail Staff, Reach Truck Drivers

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Social Work Assistant - Fostering Team

£20,099 - £24,545 Ref: 50011022/MKN

CHILDREN NEED A SAFE AND STIMULATING ENVIRONMENT IN WHICH TO GROW.

The Fostering Team is currently looking to employ a social work assistant to undertake the role of a dedicated fostering duty worker. This challenging role provides the first point of contact for professionals and members of the public. You will be a key person in the recruitment of foster carers and the matching and placing of children and young people into a range of fostering options.

For an informal discussion please contact either: Jane Partridge on 01908 257912 or Linda Levitt on 01908 253761

Closing date: 4 January 2008. Interview date: 17 January 2008.

Family Support Worker

£17,154 - £20,736 Ref: 50016703/MKN

You will make a difference by supporting the development of Sure Start children's centres in Milton Keynes and encouraging excluded parents to access services in centres. Enthusiastic and articulate, you will bring experience of working with children and families in a community setting coupled with excellent planning and motivational skills.

For informal enquiries please contact Razia Lakha on 0794 731 5995.

Closing date: 21 December 2007. Interview date: 4 January 2008.

To apply online visit: www.theplacetobe.info

For an application form, email: jobs@milton-keynes.gov.uk
Call us 01908 253344 or 253462 (24 hour answerphone). If you have a hearing impairment and have access to Minicom please phone 01908 252727 (office hours only). Please quote appropriate reference. Salaries will normally start at the first point of the grade.

We are unable to accept CVs, unless accompanied by a completed application form.

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www.lsc.gov.uk/vacancies

Closing date: 20 December 2007.

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If you have at least an HNC in an engineering or science area, or an equivalent aircraft engineering qualification, or a willingness to train to gain such a qualification we would like to hear from you. Ideally, you will also have some experience of building, operating or maintaining scientific or technical equipment or of aircraft maintenance together with some workshop experience. Naturally, you must be fit and willing to work in an airborne environment.

For more information, a detailed job description and an application form, visit **www.metoffice.gov.uk** or call Met Office HR on 01392 885000. If you need an electronic Word version of the application form, email: **hrenquiries@metoffice.gov.uk** including the words 'application request' in the subject line.

Closing date: 4th January 2008.

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Flitwick Leisure Centre & Saxon Pool & Leisure Centre

We are looking for enthusiastic and motivated leisure professionals to join Stevenage Leisure Limited's centre teams.

Sports Co-ordinators
£15,800 per annum
39 hours per week (one post available at each site)

We currently require a co-ordinator at each of the above sites. You will be responsible for the planning, organisation, management and promotion of the Aqua Ed scheme and dry-side courses/activities (dry-side activities vary at each site).

You will need good organisational skills as you will be responsible for co-ordinating the swimming teachers and dry-side coaches within the centre, to ensure resources are used to maximum efficiency and all classes/activities are adequately staffed. A Level 2 ASA teaching qualification (or equivalent) is essential as you will cover classes when required.

Leisure Assistants
39 hours per week (one post available at each site)

We are currently seeking full-time Leisure Assistants to assist in the provision of high quality sport and leisure services to our customers. You will be required to assist in reception and booking duties, life guarding, setting up and dismantling equipment, and assisting customers in their use of the facility.

Ideally, you will have a current NPLQ and a background of working in a leisure facility, as well as a relevant sports and recreation qualification to NVQ Level 2 (or equivalent).

For further information or an application pack, please contact: Heather Piper at Flitwick Leisure Centre on 01525 751320, email heather.piper@stevenage-leisure.co.uk or Natalie Taylor at Saxon Pool and Leisure Centre on 01767 313190, email natalie.taylor@stevenage-leisure.co.uk

Closing date: 11th January 2008. Interviews to be held on: 24th/25th January 2008.

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Walton High • Oakgrove School Denbigh School • The Hazeley School Consortium

Members of the public are being sought to join the Independent Admissions Appeals Panel.

The panel is an independent body set up to consider appeals by parents who want their child to attend Walton High, Denbigh, Oakgrove and The Hazeley schools, but whose application for a place has been turned down. Panels are made up of people with a wide range of backgrounds.

Their work will include hearing appeals involving a decision not to admit a child to Walton High, Denbigh, Oakgrove and The Hazeley schools.

The panel sits during term time and on an ad-hoc basis, but the majority of appeals are heard between April and July when the admission process is at its peak.

Each panel is made up of three members, drawn from a pool. Each individual appeal usually lasts for about 45 minutes and it is normal for several appeals to be heard by the same panel.

Full training is provided for new members of the panel; and the Clerk is always available to give advice. The work is unpaid but travel expenses are reimburses and refreshments provided.

To ensure the Admissions Appeal Panel is independent and unbiased, some people are not eligible to become members - such as employees and parents of the four schools at the local authority (Milton Keynes Council).

If you are interested in joining the panel, please contact:
Hilary Eggingtoon on (01908) 677954 or mail@waltonhigh.org.uk

AA671730

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RICS www.robinsonandhall.co.uk 01234 352201

AA671059

Redborne Upper School and Community College
Flitwick Road, Ampthill, Bedfordshire MK45 2NU
Telephone: 01525 404462
NOR: 1,400 (400 Sixth Form) 13-18 Mixed Comprehensive

FINANCE/ADMINISTRATIVE ASSISTANT

Required as soon as possible
30 hours per week
Part Time: Term Time Only
Level 2 (Point range 10-16) £13,336-£15,842 pro rata

A flexible, keen and enthusiastic person is required to work in an extremely busy area of the school. The successful candidate will have:

- exellent clerical skills
- some experience of bank accounts and ability to handle money accurately
- some experience of understanding of computer purchasing programmes
- work on their own initiative and as a member of a wider team

Regular weekly tasks will include:

- dealing with telephone enquiries
- typing and administrative tasks
- checking/banking of cash and cheques paid into school accounts
- photocopying and filing
- processing purchase orders

Please apply by letter to Mrs Lou Ellis (Headteacher's PA), enclosing your recent CV along with the names of two referees who may be contacted.

Closing date: Wednesday 19th December 2007

Redborne is an oversubscribed, successful school that achieves excellent examination results. The school is well regarded and popular, situated in a very pleasant area of Central Bedfordshire, within easy reach of London. About 80% of the Sixth Form go on to University. The school has had an excellent OFSTED Report and has received the Government Achievement Award, Sports College Status, Training College Status and the Arts Mark Gold Award.
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recruitment@vindisgroup.com
or post it to: HR Department, Vindis Group Audi Centres, Northampton Audi, Weedon Road, Northampton, NN5 5DH

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ICT SUPPORT TECHNICIAN

St Paul's Pay Range 2 (£15,798 to £19,204)

The person appointed will need to be committed and enthusiastic and will assist with the maintenance and development of the schools network.

The successful candidate should ideally have experience with PC network systems and software including Microsoft XP and Office, also a knowledge of network principles.

For an application form and further details please contact St Paul's on 01908 669735.

ST PAUL'S CATHOLIC SCHOOL

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(AGY)

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- Deliver training, motivating and encouraging trainees to attend?
- Manage our café, encouraging high standards of food preparation and customer service?
- Develop good relationships, promoting and marketing the project?
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Experience of working with this age group or previous experience of delivering training would be useful.

For an information pack please telephone 01234 221270.

Closing Date: Noon on Friday 28 December 2007.

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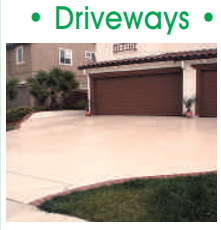
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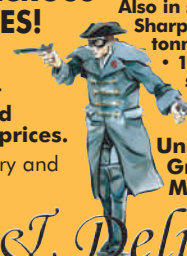
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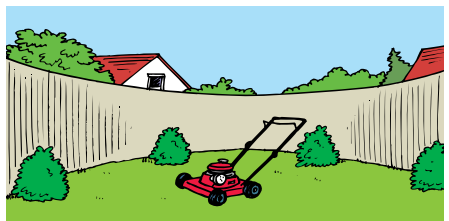

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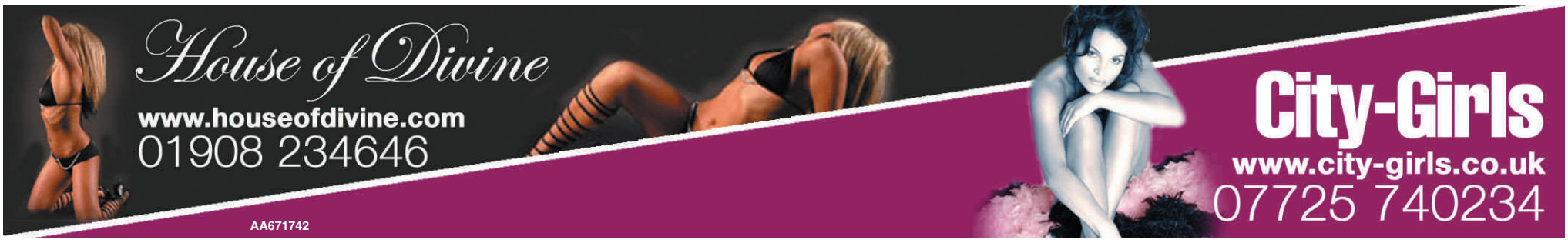

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NOTICE IS HEREBY GIVEN pursuant to Section 98 of the Insolvency Act 1986 that a Meeting of the Creditors of the above-named Company will be held at Hamilton House, Mabledon Place, Euston, London WC1H 9BB on 18 December 2007 at 11.45am for the purposes mentioned in Section 99 to 101 of the said Act.

Creditors wishing to vote at the Meeting must lodge their proxy, together with a full statement of account at the registered office - Wilson Field, The Annexe, The Manor House, 260 Ecclesall Road South, Sheffield S11 9PS not later than 12 noon on the last business day prior to the meeting.

The meeting may receive information about, or be called on to approve, the costs of preparing the statement of affairs and convening the meeting.

Notice is further given that a list of the names and addresses of the Company's creditors may be inspected, free of charge, at Wilson Field, The Annexe, The Manor House, 260 Ecclesall Road South, Sheffield S11 9PS between 10.00am and 4.00pm on the two business days preceding the date of the meeting stated above.

By Order of the Board

GAETANO D ABELLA *Director*

AA671935

Aylesbury Vale District Council

NOTICE OF APPLICATION TO VARY A PREMISES LICENCE UNDER S34 LICENSING ACT 2003

Applicants: The Green Man (Mursley) Ltd

Premises: The Green Man, 22 Main Street, Mursley, Bucks MK17 0RT

The proposed variations are:-

- To extend the supply of alcohol on and off the premises to 01:00 Monday to Saturday
- To allow provision of indoor sporting events, recorded music and late night refreshment to 01:00 Monday to Saturday
- To allow provision of live music Friday and Saturday from 22:00 to 23:30
- Amendment to conditions regarding young persons.

Full details of the variations can be inspected on the application.

The Licensing Register can be inspected at the address noted below during normal business hours. Interested parties or responsible authorities may make written representations about this application to:

The Licensing Department, Aylesbury Vale District Council, 66 High Street, Aylesbury, Bucks HP20 1SD clearly stating the grounds upon which representation is made relevant to the Licensing Act by 8th January 2008.

It is an offence to knowingly or recklessly make a false statement in connection with an application. The maximum fine for which a person is liable on conviction for the offence is £5,000.

AA671849

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- Risk Assessment
- Disability Awareness
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- Multi-agency Working
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- Behaviour Management

Once you have registered your expression of interest, you will need to download the tender specifications and associated documents and complete and return these by the 1st February 2008.

The closing date for registering expressions of interest is the 25th January 2008.

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All good things come in threes

THE third member of the Peugeot 207 SW range is being launched in the UK this month. It will increase the SW range to three models: the S, Sport and Outdoor.

The 207 SW Outdoor is aimed at customers who enjoy outdoor pursuits and want a vehicle which is functional, fun, practical and full of personality.

It is based on the 207 SW Sport but brings a visual 'off-road' look to the range through the increased ground clearance (raised by 16 mm at the front and 21 mm at the rear), fitment of new 16ins Outdoor alloy wheels with special 205/55R 16 tyres and large Narbonnais grey wheel arch extensions / sill mouldings.

The standard specification builds on that of the 207 SW Sport but adds: one touch front and rear electric windows, dark tinted rear side windows and tailgate glass, washable floor mats and Aspen black or brown interior trim.

It is still a true Peugeot SW with a full length Cielo glass panoramic roof, the innovative rear seat folding mechanism and all the standard safety equipment of the other 207 SW models.

It has an overall length of 4156 mm, 119 mm longer than the 207 hatchback and an increased height of 1555 mm, 28 mm more than the 207 SW Sport.

The innovative folding rear seats split two thirds / one third and, when folded, form a continuous flat load area which can accommodate a variety of leisure equipment up to an overall length of 1.70 m and provides a total volume of 1,433 litres.

The 207 SW Outdoor will be available with three engine options, two HDi diesels, 1.6 litre 90 bhp and 1.6 litre 110 bhp with a diesel particle filter system (DPFS) and one petrol engine, a 1.6 litre VTi 120 bhp engine.

All the engines will be fitted with a manual five speed gearbox with ratios selected to match the individual engine characteristics.

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0707 **116i SE 5 door,** Black Sapphire Metallic, Anthracite Cloth £14,980
0707 **116i ES 5 door** Black Sapphire Metallic, Anthracite Cloth £14,860
0757 **116i ES 5 door** Sparkling Graphite, Cloth Elektra Anthracite £14,980
0757 **118i SE 3 door Auto,** Titanium Silver, Network Cloth Anthracite £18,740
0707 **120i SE,** Titanium Silver Metallic, Network Cloth Anthracite £16,900
0757 **120d SE 5 door,** Titanium Silver, Network Cloth Monaco Blue £18,840
0707 **130i M** Titanium Silver Metallic £23,940

BMW 3 Series Coupé
0707 **320d M Sport,** Sparkling Graphite, Blue Shadow Cloth £26,780
0757 **325i SE** Space Grey, Black Dakota Lthr, Black Trim, high-gloss £25,990
0757 **325i SE Auto,** Titanium Silver £27,870
0707 **325d M Auto Sport** Black Sapphire, Black Dakota Lthr £30,860
0707 **325d M Sport** Le Mans Blue Metallic, Black Dakota Lthr £31,880

BMW 3 Series Saloon
0707 **320i SE Saloon** Sparkling Graphite Metallic £18,900
0757 **325d AM Sport Auto** Titanium Silver, Black Dakota Lthr £28,380
0757 **325d AM Sport Auto** Titanium Silver, Black Dakota Lthr £28,380
0656 **330d M Sport Auto,** Sparkling Graphite with Lemon Dakota Lthr £28,600
0707 **330d M Sport Saloon Auto** Le Mans Blue Metallic £28,940
0707 **335d M Sport Auto,** Black Sapphire Metallic £32,840

BMW 3 Series Touring
0707 **325i M Auto Sport** Le Mans Blue £24,760
0707 **330d SE Auto,** Montego Blue Metallic, Lemon Dakota Lthr £26,960
0707 **330i M Sport Auto** Titanium Silver, Black Dakota Lthr £29,630

BMW 3 Series Convertible
0757 **320i M Sport Auto,** Titanium Silver £31,940
0707 **330i SE** Montego Blue £35,940
0707 **335i SE Auto** Sparkling Graphite Metallic £39,870

BMW M3
0757 **M3 Coupé** Jerez Black Metallic £POA

BMW 5 Series Saloon
0707 **520d M Sport** Jet Black £25,840
0707 **520d M Sport** Space Grey with Black Dakota Lthr, Bluetooth Prep £25,870
0757 **520d Sport Auto,** Platinum Grey with Black Dakota Lthr £27,880
0707 **525d M Sport Auto** £32,480
0707 **525d M Sport Auto** £32,780
0707 **525d M Auto Sport** Carbon Black £32,940
0707 **530i M Sport Auto** Titanium Silver £32,660
0707 **530d M Sport Auto** Platinum Grey Metallic £35,640
0707 **530d M Auto Sport** Platinum Grey £35,680
0707 **535d M Sport Auto** Platinum Grey Metallic £39,860

BMW 5 Series Touring
0707 **525d M Auto Sport** Titanium Silver,Black Dakota Lthr £33,760
0707 **530d M Sport Auto,** Titanium Silver Metallic, Black Dakota Lthr £34,900
0707 **535d M Sport Auto** Space Grey £39,870

BMW 6 Series
0707 **630i Sport Coupé Auto** Titanium Silver, Black Dakota Lthr £41,380
0757 **630i Sport Convertible Auto,** Black Sapphire Metallic £50,860

BMW 7 Series
0707 **730d SE Auto** Sterling Grey Metallic, Black Nasca Lthr £42,370

BMW X3
0707 **X3 2.0d SE** Black Sapphire Metallic, Anthracite Twill cloth £22,720
0656 **X3 3.0si M Sport** Black Sapphire, Black Nevada Lthr £29,630
0656 **X3 3.0sd M Sport,** Black Sapphire, Black Nevada Lthr £31,580

BMW X5
0757 **X5 3.0d SE Auto** Space Grey, Black Nevada Lthr £41,940
0707 **X5 3.0d SE Auto,** Platinum Bronze, Black Lthr, Y Spoke Alloy Wheels £51,740

BMW Z4
0707 **Z4 2.0i Sport,** Silver Grey Metallic, Black Oregon Lthr, Wind Deflector £21,380
0656 **Z4 2.5si Sport Roadster Auto,** Montego Blue £26,500
0707 **Z4 3.0si Sport Coupé,** Carbon Black Metallic £28,600
0707 **Z4 M Coupé,** Carbon Black Metallic £33,750

0454 **116i Sport** Black Sapphire, Graphite Motion Cloth, No Model Inscription, Ft Centre Armrest 39k

BMW 116i Sport 5-door BMW Select finance example			
34 monthly payments	£179.00	Excess mileage charge	2.04p per mile
On the road cash price†	£9,995.00	Amount of credit	£9,046.00
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Customer deposit	£449.00	Optional final payment	£4,704.05
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Finance example is based on a 36 month BMW Select Agreement for the model featured, an Approved Used BMW 116i Sport 5-door. Vehicle condition charges may apply. † On the road cash price is based on a BMW 116i Sport 5-door three years old with a start mileage of 39,000 miles. Figures are correct at the time of going to print and are subject to change without notice. All finance is subject to status and available to over 18s in the UK only (excluding the Channel Islands). Guarantees and indemnities may be required. We can arrange finance and hiring facilities for you. *The product offered is the Garmin® Portable Navigation Device worth up to £399 and is subject to availability and change without notice and only available at Elms Bedford. There are no cash alternatives. ** Deposit contribution is only available to customers using BMW Select finance. We can arrange credit hiring facilities for you. A guarantee may be required. Finance offer and £500 contribution applies to Elms Bedford between the dates 7-17 December 2007 on any managment owned car purchased.The offer is only valid on production of this leaflet. Offer cannot be used in conjunction with any other offer.

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01 (Y)	**Mondeo 2.0 Ghia Automatic 5dr Hatch,** Blue, Climate Control, Quick Clear Screen	£3,995
06 (06)	**Focus 2.5 ST2 3dr,** Red, Bluetooth, Voice Control	£15,750
05 (05)	**Focus 2.0 TDCi Ghia 5dr Hatch,** Blue, Auto Lights, Auto Wipers, Tow-Bar	£10,495
06 (06)	**Focus 1.6 Ghia 5dr Hatch,** Tango Red, Auto Lights, Rain-Sensing Wipers	£10,350
07 (56)	**Focus 2.0 TDCi Zetec Diesel 3dr Hatch,** Metallic Sea Grey, 6 Speed Manual, Sony 6 Disc CD, ESP	£9,995
05 (05)	**Focus 1.6 Ghia 5dr Hatch,** Tonic Blue, Auto Lights, Auto Wipers, Keyless Entry	£9,225
06 (06)	**Focus 1.6 Zetec Climate 5dr Hatch,** Metallic Red, Air Con, Alloys	£8,950
05 (05)	**Focus 1.6 Ghia 5dr Hatch,** Silver, Automatic Lights and Wipers	£8,950
05 (55)	**Focus 1.6 Zetec Climate 115PS 5dr Hatch,** Metallic Blue, 18 Months Warranty	£8,725
05 (55)	**Focus 1.6 Zetec Climate 5dr Hatch,** Silver, 18 Months Warranty	£8,725
03 (03)	**Fusion 2 1.6 5dr MPV,** Silver, Air Con, Electric Windows	£4,725
06 (06)	**Ka 1.3 Design 3dr Hatch,** Red, CD/Radio, Electric Windows	£4,675
05 (55)	**Ka 1.3 3dr Hatch,** Red, Colour Coded Bumpers	£4,225
03 (03)	**Ka 1.3 Collection 3dr Hatch,** Silver, Electric Windows, Radio CD	£3,850

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04 (54)	**BMW 116i Sport 5dr,** Metallic Silver (By appointment only)	£11,995
04 (54)	**Toyota RAV-4 2.0 4x4 5dr,** Black, Leather, Sunroof, Climate	£10,995
03 (03)	**Peugeot 206 Coupe Cabriolet 2.0 Allure SE,** Black, Powered 2 Piece Roof	£8,395
02 (02)	**Land Rover Freelander GS 1.8 (Petrol) 4x4 5dr,** Green, Alloy Wheels	£5,875
03 (03)	**Citroen Xsara SX 1.8 16v 5dr MPV,** Silver, Air Con, Radio CD	£5,275
02 (02)	**Peugeot 1.3 LX 5dr Hatch,** Silver, Remote Central Locking, CD Player, Electric Windows & Mirrors	£3,775
03 (03)	**Vauxhall Agila 1.2 5dr,** Silver, Remote Central Locking, Radio CD	£3,575

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2004 £15,995

Mercedes Benz SLK 230 Kompressor AUTO Convertible 1998 (S) Reg

F/S/H. Yellow with black leather. Full electrics, electric hard hood, alloys, remote locking, CD and air bags. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional.

1998 £7,995

Mercedes Benz E320 3.2 Avantgarde AUTO Tip Saloon 2004 (54) Reg

1 owner with 89K and F/M/S/H. Pearlite grey with anthracite leather. Air con, glass roof, alloys, CD and full electrics. Excellent condition. 12 months MOT with 12 months warranty with 2/3 years optional

2004 £15,995

Peugeot 206 1.9 Style Diesel 3dr Hatch 2002 (51) Reg

2 owners with 72K and S/H. Black with green interior, power steering and CD. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional.

2002 £3,995

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Range Rover 3.0 TD6 SE Automatic 2003 (53) Reg

1 owner with 60K and F/RR/S/H. Giverny green with cream leather. Air con, full electrics heated seats, CD, alloys and remote locking. 12 months MOT and Manufacturer's warranty to run until Oct 2008 with 2/3 years optional.

£21,995

PRESTIGE

Bentley Continental GT Coupé 6.0 W12 2dr AUTO 2004 (04) Reg.
31K with F/S/H. Black with Saffron leather and stained Burr Walnut trim. Air con, full electrics, heated mirrors, heated seats, sat nav, CD, TV, 22" alloys and Bi Xenon. Excellent condition. 12 months MOT with 12 months warranty with 2/3 years optional. £69,995

Range Rover 3.0 TD6 SE Automatic 2003 (53) Reg.
1 owner, 60K with F/RR/S/H. Giverny green with cream leather. Air con, full electrics heated seats, CD, alloys and remote locking. 12 months MOT and Manufacturer's warranty to run until Oct 2008 with 2/3 years optional. £21,995

BMW M3 3.2 2dr Coupé Manual 2002 (52) Reg.
2 owners with 51K and F/BMW/S/H. Titanium silver with black leather. Air con, full electrics, Schnitzer 19" Alloys and body kit, s/roof, CD player and cruise. Immaculate condition. 12 Months MOT and 12 Months warranty with 2/3 years optional. £17,995

Mercedes C320 EVO Panorama AMG SE AUTO 2004 (04) Reg.
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Mercedes Benz E320 3.2 Avantgarde AUTO Tip Saloon 2004 (54) Reg.
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Volvo V70 2.4 170 SE AUTO 5dr Estate 2003 (03) Reg.
2 owners with 27K and F/S/H. Metallic blue with cream leather. Air con, cruise, full electrics, alloys, CD, remote locking and parking sensors. 12 months MOT and 12 months warranty with 2/3 years optional. £10,995

Mercedes Benz C180 1.8 Avantagrde SE Automatic Saloon 2002 52 Reg.
1 owner, 70K with F/S/H. Silver with black interior, air con, full electrics, alloys, remote locking and CD. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional. £9,995

Mercedes Benz E320 Avantgarde AUTO T/Tronic Saloon 2001 (Y) Reg.
2 owners, 69K with F/S/H. Dark metallic purple with black interior. Air con, full electrics, alloys, remote locking, CD and s/roof. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional. £7,995

SPORTS

Mercedes SLK 230 Kompressor AUTO Convertible 2002 (02) Reg.
2 owners, 68K with F/S/H. Metallic Blue with cream leather. Air con, full electrics, power hood (hard top), CD, remote locking and alloys. 12 months MOT and 12 months warranty with 2/3 years optional. £13,995

Honda Accord 2.2 CTDi Sport Diesel 4dr Saloon 2004 (04) Reg.
1 owner, 65K with F/H/S/H. Silver with half suede, half leather interior. Air con, CD, remote locking, ABS, Air bags, cruise control and alloys. Excellent condition. 12 months MOT and 12 months warranty 2/3 years optional. SOLD

Mercedes Benz SLK 230 Kompressor AUTO Convertible 1998 (S) Reg.
F/S/H. Yellow with black leather. Full electrics, electric hard hood, alloys, remote locking, CD and air bags. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional. £7,995

BMW 1.9 Z3 Convertible Automatic 1998 R Reg.
57K with F/S/H. Metallic blue with grey interior, alloys, CD and full electrics. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional. £6,995

Hyundai Coupé 2.0 16v F2 Evolution 1999 (V) Reg.
42K with F/S/H. Silver with black leather. Air con, full electrics, sunroof, Cobra alarm system, remote locking, CD and alloys. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional. SOLD

DIESELS

Hyundai Tucson 2.0 CDX 2WD AUTO Station Wagon 2006 (56) Reg.
2 owners, 20K with F/S/H. Black with black leather. Air con, full electrics, alloys, remote locking, CD and clim/cont. Immaculate condition. 2 years manufacturing warranty to run with 2/3 years optional. £12,995

BMW 320d 150 2.0D SE Saloon 2004 (04) Reg.
1 owner, 42K with F/S/H. Black with grey interior. Air con, full electrics, alloys, remote locking, parking sensors and CD. Excellent throughout. 12 months MOT and 12 months warranty with 2/3 years optional. £11,995

Volvo V40 1.9 Diesel Sport Estate 5dr Hatch 2004 (04) Reg.
2 owners, 38K with F/S/H. Blue with black leather. Air con, full electrics, alloys CD, radio/cassette and remote locking. Immaculate condition. 12 months MOT and 12 months warranty with 2/3 years optional. £7,995

Mercedes Benz C270 Cdi Avantgarde AUTO 2002 51 Reg.
3 owners with F/S/H. Silver with grey leather interior. Air con, full electrics, alloys, heated seats, remote locking, CD and air bags. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional. £6,995

Vauxhall Frontera 2.2 Dti LTD 5 Door Hatchback 2004 53 Reg.
2 owners, 47K with F/S/H. Metallic burgundy with grey interior. Full electrics, alloys, remote locking and CD. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional. £6,995

Peugeot 206 1.9 Style Diesel 3dr Hatch 2002 (51) Reg.
2 owners, 72K with S/H. Black with green interior, power steering and CD. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional. £3,995

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Renault Scenic 1.6 VVT Expression 5dr hatch Automatic 2004 (54) Reg.
1 owner, 64K with F/S/H. Norse grey with grey interior. Air con, full electrics, remote locking and CD. Immaculate condition. 12 months MOT and 12 months warranty with 2/3 years optional. £6,995

Mazda 6 1.8 TS 4dr saloon 2004 (54) Reg.
1 owner, 69K with F/S/H. Grey with black interior. Air con, full electrics, remote locking and CD. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional. SOLD

Ford Focus 2.0 Ghia 5dr hatch 2002 (52) Reg.
2 owners, 46K with F/S/H. Green with black leather. Air con, alloys, full electrics, remote locking, CD and parking sensors. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional. £5,995

Ford Mondeo 1.8 LX 5dr hatch 2004 (54) Reg.
1 owner, 59K with F/S/H. Platinum with grey interior. Air con, full electrics, CD and remote locking. Immaculate condition. 12 months MOT and 12 months warranty with 2/3 years optional. £5,995

Mitsubishi Space Star 1.3 Classic 5 Door Hatchback 2005 55 Reg.
1 owner, 24K with F/S/H. Sapphire black with black interior, full electrics, alloys and remote locking. Immaculate condition. Warranty until September 2008 with 2/3 years optional. £4,995

Peugeot 206 1.9 Style Diesel 3dr Hatch 2002 (51) Reg.
2 owners, 72K with S/H. Black with green interior, power steering and CD. Excellent condition. 12 months MOT and 12 months warranty with 2/3 years optional. £3,995

Citroen Synergie 2.0i 16valve Exclusive AUTO 7 seater 2000 X Reg.
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MOTORBIKES

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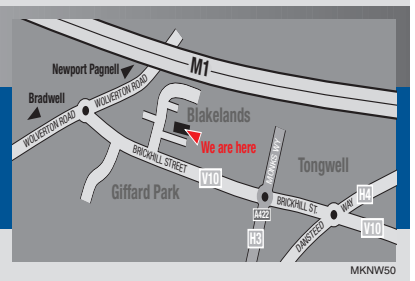

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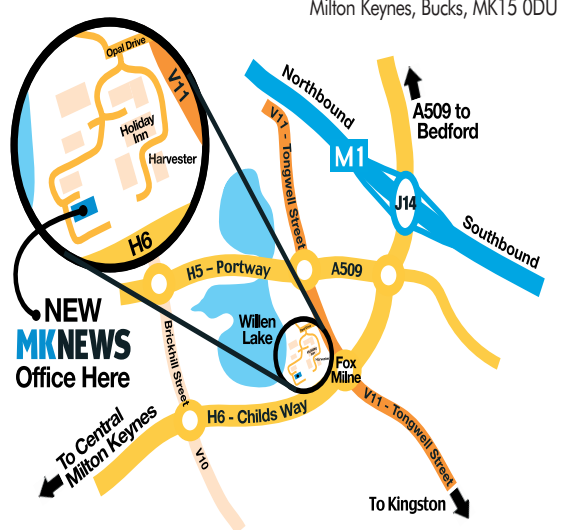

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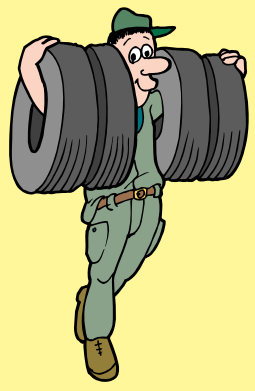

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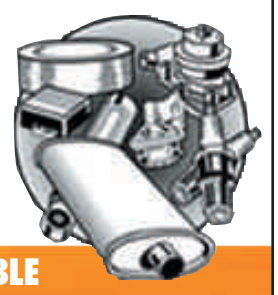

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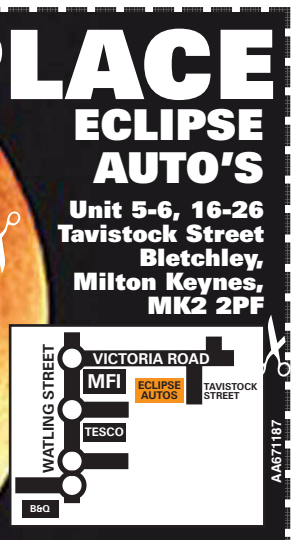

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MK DONS THE BEST PLACE FOR ALL THE DONS NEWS

DONS STATS **RESULTS AND FIXTURES**

AUGUST F A
11 Bury (H) 1-2
14 Ipswich Town (Carling Cup) (H) 3-3
Dons win 5-3 on penalties
18 Macclesfield (A) 3-3
25 Shrewsbury (H) 3-0
28 Sheff Utd (CC) (H) (AET) 2-3

SEPTEMBER
1 Rochdale (A) 2-3
7 Notts County (H) 3-0
15 Brentford (A) 3-0
22 Darlington (H) 1-0
29 Morecambe (A) 1-0

OCTOBER
2 Mansfield (A) 2-1
6 Bradford (H) 2-1
9 Peterborough (JPT) (H) 3-1
14 Lincoln City (H) 4-0
20 Hereford (A) 1-0
27 Stockport (H) 0-2

NOVEMBER
3 Wycombe (A) 1-1
6 Grimsby (H) 2-0
10 Crewe (FA Cup) (A) 1-2
13 Bournemouth (JPT) (A) 2-0
17 Chester (A) 2-0
24 Chesterfield (H) 1-2

DECEMBER
4 Dagenham & Redbridge (A) 1-0
8 Accrington (H) 5-0
15 Peterborough (A)
21 Brentford (H)
26 Notts County (A)
29 Darlington (A)

JANUARY
1 Mansfield (H)
5 Rotherham (A)
12 Barnet (H)
19 Wrexham (A)
26 Rochdale (H)
29 Macclesfield (H)

FEBRUARY
2 Bury A)
9 Rotherham (H)
12 Shrewsbury (A)
16 Wrexham (H)
23 Barnet A)

MARCH
1 Chester (H)
8 Grimsby (A)
12 Chesterfield (A)
15 Dag & Red H)
22 Peterborough (H)
24 Accrington (A)
29 Hereford (H)

APRIL
4 Lincoln City (A)
12 Wycombe (H)
19 Stockport (A)
26 Bradford (A)

MAY
3 Morecambe (H)

LEAGUE TWO TABLE

		P	HOME W	D	L	F	A	AWAY W	D	L	F	A	GD	PTS
1	MK Dons	19	7	0	3	22	7	6	2	1	16	8	23	41
2	Peterborough	19	6	2	1	23	9	5	2	3	12	10	16	37
3	Darlington	18	5	4	0	15	4	5	2	2	15	6	20	36
4	Hereford	19	5	3	2	17	8	5	3	1	18	11	16	36
5	Rotherham	19	6	2	2	19	14	4	4	1	10	6	9	36
6	Chester	19	3	3	4	14	11	6	2	1	15	9	9	32
7	Chesterfield	18	2	5	2	12	11	6	2	1	19	9	11	31
8	Rochdale	18	3	3	3	10	10	4	4	1	15	13	2	28
9	Morecambe	18	4	2	3	10	9	3	4	2	11	11	1	27
10	Wycombe	19	5	3	1	13	6	2	3	5	9	18	-2	27
11	Shrewsbury	19	5	1	3	13	10	2	3	5	10	15	-2	25
12	Barnet	19	3	5	2	13	13	3	2	4	9	12	-3	25
13	Bury	18	3	3	3	11	9	3	2	4	13	14	1	23
14	Stockport	19	3	2	5	19	18	3	3	3	12	15	-2	23
15	Accrington S	19	3	0	6	9	15	4	2	4	11	14	-9	23
16	Macclesfield	19	2	5	2	13	13	2	5	3	11	17	-6	22
17	Bradford	19	3	3	3	8	10	2	3	5	13	15	-4	21
18	Notts County	19	4	2	4	11	12	1	4	4	9	15	-7	21
19	Brentford	19	2	2	6	8	16	3	2	4	8	15	-15	19
20	Grimsby	19	1	4	4	9	15	3	1	6	11	17	-12	17
21	Dag & Red	19	2	3	5	10	17	2	2	5	7	14	-14	17
22	Lincoln City	19	2	2	5	10	16	2	1	7	8	16	-14	15
23	Wrexham	18	2	2	5	5	13	2	1	6	8	14	-14	15
24	Mansfield	17	3	1	4	14	11	0	3	6	7	14	-4	13

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PREVIEWS

PETERBOROUGH UNITED
League Two
Saturday, December 15. KO 3pm
London Road

FIRST versus second, Ince versus Ferguson, it's a mouth-watering tie that even the neutrals are excited about.

Posh look to have hit form just in the nick of time following a sluggish start to the season they have netted 15 goals in their last four games.

Craig Mackail-Smith has been terrorising defences of late 10 goals in six matches and his strike partner Aaron McLean is not shy in front of goal either having already found the back of the net 17 times.

The two sides have already met this year in the Johnstone's Paint Trophy and the Dons emerged victorious as they knocked Posh out of the competition by a 3-1 score line.

But since then Darren Ferguson's side have upped the ante and are now in the third round of the FA Cup as well as moving up the table to just four points behind the Dons.

Fans will be hoping the trip to London Road this time round will erase the bad memories of last season when the Dons were on the wrong end of a 4-0 thrashing.

The Dons will be sweating on the fitness of Colin Cameron and Jemal Johnson while Aaron Wilbraham (ribs) will be hoping he recovers in time.

Aaron Wilbraham

VIEW FROM THE MOOCAMP

THE Dons began their Burks and Bucks title defence last night. In a repeat of last year's final they took on Maidenhead United.

To find out the result log on to www.mk-news.co.uk.

DONS under-18's fell to a home defeat at the hands of Tottenham Hotspur.

Spurs started in a lively fashion with Jon Obika and Kyle-Fraser Allen finding the back of the net in the 10th and 15th minute respectively.

From there Mike Dove's side were chasing the game but were never able to respond as Spurs left Milton Keynes with a clean sheet.

LLOYD Dyer and Keith Andrews have been named in the League Two Team of the Week.

Both players were instrumental in the Dons' 5-0 win over Accrington Stanley, with the midfield pairing scoring three of them.

Team of the Week in full: Mark Tyler (Peterborough), Trent McClenahan (Hereford), Krystian Pearce (Notts County), Matthew Clarke (Bradford), Michael Rose (Stockport), Ciaran Toner (Grimsby), Gary Jones (Rochdale), Keith Andrews, Lloyd Dyer, Glenn Murray (Rochdale), Adam Proudlock (Stockport).

FANS are having their chance to voice their opinions in the game in the Football League Supporters' Survey 2008.

The survey will allow supporters to have their say on a range of important issues.

Supporters will also be asked their views on their club and will include issues surrounding the match day experience. To take part log on to www.football-league.co.uk

MK DONS v **ACCRINGTON STANLEY** SATURDAY, DECEMBER 8

Accrington who? get bunch of fives

BY SIMONE CORGAN
simone.corgan@mk-news.co.uk

OUTPLAYED and outclassed – that was verdict of Accrington Stanley boss John Coleman minutes after he watched MK Dons take apart his side with a 5-0 win.

And not even diehard Stanley fans could argue with his opinion, had a spectator stumbled into the game late they could have been forgiven for thinking it was a mismatch cup tie because that is exactly how it looked.

The Dons simply dominated from start to finish with slick passing under no pressure making it look, at times, like they were back at Woughton in a training game.

It was a measure of their class on the day that they racked up a record win despite starting with one striker, Kevin Gallen, who could feel extremely unlucky not to have his name down on the score sheet.

All the goals came from midfield with Lloyd Dyer's superb finishing helping him grab a brace while Keith Andrews, Alan Navarro and Colin Cameron also bagged goals.

But Dyer and Mark Wright played superb supporting roles as they pushed forward for an unlikely 4-3-3 Dons set up and when it appeared there would be little defending to do the midfield trio almost created a six-man strike force.

Surprisingly Stanley, who previously have won more games on the road than at home, were as poor as the Dons were good and offered little to stop it being a one-sided affair.

Dons' assistant boss Ray Mathias said his side had 'played round' Stanley, who at times looked like shell-shocked schoolboys watching the big boys play with their football.

Andrews slammed home the opener with nine minutes on the clock and the result never appeared to be in danger as the Dons continued to step up the gears.

It was a terrible day at the office for Accrington and when goalie Ian Dunbavin parried Wright's effort across the box Navarro had the simplest of tap-ins before Cameron squeezed a super strike into the bottom corner.

With three goals to the good many would have expected the Dons to perhaps ease off, protect their lead, while Accrington would have hoped their half-time talk could inspire them to an incredible come back.

But the only inspiration came, yet again, from the Dons with Dyer bagging the fourth shortly after the restart to end any spark Stanley could have created.

And thirteen minutes from time Dyer was once again in the right place at the right time to send a curling effort beyond Dubavin.

"It possibly could have been more but we're delighted with the five we got," Mathias said, "Throughout the team I thought everyone was different class.

"That was a passing game of very superior football to the opposition."

MK DONS

MK DONS v ACCRINGTON STANLEY

Left: Dean Lewington takes on Accrington Stanley's Romauld Boco. Top: Lloyd Dyer fires in the fifth goal for MK Dons. Above: Colin Cameron celebrates his goal – Dons' third – with Keith Andrews, Alan Navarro and Kevin Gallen and the ref

PAUL MITCHELL WRITES FOR YOU

PAUL MITCHELL

IT'S just like watching Brazil!

Watching the game Saturday and being a football fan, I couldn't stop myself from humming that famous football chant. However bad Accrington were we were also that good.

I don't think that I have witnessed such a one-sided game for a long time. No disrespect intended towards our opposition but when good teams click and every player is firing on all cylinders, watch out. I definitely think this was the case on Saturday and we have threatened to give someone a good hiding for a while at home. For Accrington it was wrong place, wrong time for their players.

One of the overwhelming factors about Saturday's victory was the way the manager changed the formation. He has now had the time to assess each player and their capabilities. His conclusion would have been that we have the type of quality that can adapt to different formations and game plans. This all bodes well for the future push for promotion.

I also have to say a big 'well done' to Alan Navarro who scored his first goal for the club on Saturday. Alan is the kind of player who isn't always noticed but plays a very important role. Without these sorts of players the team wouldn't function half as well.

On to Saturday's top-of-the-table clash and, many would say, the two big hitters in the division. Speaking with the lads they can't wait because these are the big games in the season that can't come quick enough. Peterborough have spent big this year and, in my eyes, are one of the favourites to be promoted. It's going to be a very tough encounter indeed, but if we play anywhere near our potential we can get the right result.

I think this is one you definitely don't want to miss, so put that Christmas shopping off for another week and I will see you all at Peterborough Saturday.

MITCH

ICE HOCKEY

Injury crisis eases

MK Lightning have received a double boost ahead of a busy Christmas period.

Ales Parez returned for Lightning following six long weeks on the sidelines and Greg Randell is set make his comeback this weekend.

Both players picked up their injuries back in October against Romford Raiders, the side Lightning beat 2-1 at the weekend.

Although player-coach Nick Poole admitted Parez looked a little rusty he was glad to see the import back on the ice: "Ales coming back was a massive boost to the side. You could see he was a little rusty, after five weeks out it was good to see him get 60 minutes under his belt and he should be back to full fitness in no time," he said.

Speaking of Randell's possible return he added: "We are hopeful Greg will be able to play this weekend.

"They are both key members of our squad and it's a great to have them back.

"We've been a little inconstant recently, since the injuries, I think that shows the strength of the league more than anything. If you lose a few vital members other teams will catch you."

But news on Poole is not so good, as he is set to continue his spell on the injury bench while he recovers from a torn hamstring.

"I will be out for another couple of weeks, there's no pain, I'm walking fine but with a hamstring injury you can't rush back.

"I'm old and I'm tired, I need the break. I also love the coaching side of my job so although it's a little frustrating, I'm still working with the team."

Poole was an onlooker during his side's win over Romford on Saturday, and believes the close score line was a little flattering to the visitors.

"It was closer than it should have been, we out shot them and outplayed them but are sharpness in front of goal wasn't what it should have been and could have cost us."

Above: Gary Clarke fires in a shot against Romford Raiders

Left: Romford's defence under pressure

Romford were fired into a surprising lead five minutes into the first period but fans favourite Adam Carr was at hand to pull Lightning back six minutes later.

A quiet second half saw the scores remain at 1-1 despite Lightning looking the brighter side. The winner finally came midway through the final period with Toni Alasaarela blasting the puck into the net.

The win leaves MK in fourth place, eight points behind league leaders Guildford, and Poole is looking at the next few months as the time to push on up the table.

"Christmas is always a tough time and the next six weeks that will be important. The league will start to take some shape and we need to get the results to stay right up there.

■ ON Saturday Lightning host Chelmsford Chieftains for their 7pm face-off before they head to Sheffield Scimitars on Sunday where face-off is at 5.15pm.

BASKETBALL

Sharks hooked after two-year hunt

MK Lions 89
New 20, Y. Williams 17, Griffin/Windless 10
London Capital 70
F Williams 20, Bradley 13, Miller 11

Sheffield Sharks 69
McKeithan 19, Virgil 17, Lyons 9
MK Lions 80
Williams 23, Brown 12, Windless 9

THE Lions ended their two year barren spell against Sheffield Sharks to stay level on points with BBL leaders Newcastle Eagles.

MK had moved two points clear midweek following a convincing win over London Capital but the Eagles caught up at the weekend with two victories of their own.

On Wednesday, Shawn Jamison got the Lions on the score board either side of a Capital free throw as the match began to take some shape.

Once again Terrell Brown, who grabbed an early basket, was making life for the opposition hard with his darting runs and tricky off loads.

Minutes before the break Yorick Williams entered the fray with immediate impact as he netted a three-pointer to give the Lions a 22-14 cushion.

Vince Macauley's men were dominating in fine fashion with a 9-3 run at the start of the second period and when Kevin Griffin his triple sparked a 14-2 burst to leave their guests trailing 45-24.

Capital's Fred Williams looked like a man on a mission when they took to the court in the third with two baskets in reply to Mike New's score. They were able to narrow the margin yet still trailed 67-48.

Williams appeared to be having an off night until he found his shooting touch in the final ten minutes, paired with Spink's fine throwing from the free-throw line kept the Lions well ahead to end the game 19 points clear and send the Lions two points clear.

Against the Sharks Jamison created back-to-back baskets to make the score 6-11, only for the hosts to respond through an Alto Virgil three-pointer and two baskets from McKeithan to snatch the lead at 13-11.

However, the Lions scored the last 8 points of the first period, 5 from Brown and a triple from Williams, to gain a 15-21 advantage.

Locker Okorie narrowed the gap with a put-back that made it 24-27 in the second, but Williams was there again with a three-pointer to spark a 15-6 run that sent the Lions into the half 31-42 in front.

A 26-16 third quarter pushed the lead out further, and Williams settled the game with a triple to end the third stanza with a score of 47-68. Whilst the Sharks narrowed the gap late on, they could not threaten the Lions lead.

■ THE Lions travel to Guildford Heat for the cup semi-final tie on Saturday, tip-off is at 4pm and on Sunday they Plymouth Raiders, tip-off at 4pm.

MKSPORTSSHORTS

Super Supradip

MK driver Supradip Dey Roy made a successful debut at international level as he completed a tough Wales Rally GB.

Roy and co-driver came home 86th overall in their 1400cc MG ZR after three days of action across the forest gravel stages in South Wales.

The first leg started off well for the pair with the exception of a minor problem with the brakes. As the weather conditions worsened in the afternoon the crew only tackled one stage after two were cancelled and managed to pick-up a puncture on a non-competitive run through one of the tests.

On the second stage Roy struggled with the pace a little but managed to make it through to the final leg at the Millennium Stadium in Cardiff.

However, it all went wrong at the eleventh hour when a mile and a half from the end of the last stage the car expired with a fuelling problem and they had to finish the event under SupeRally rules.

Wales Rally GB, the final round of the World Rally Championship, was Roy's last rally for the 2007 season.

Local football

WINSLOW UNITED were the only local side to play in the South Midlands league one, drawing 1-1 with Hoddesdon Town, as NEW BRADWELL ST PETER, OLD BRADWELL and MURSLEY TOWN had their matches postponed.

In the United Counties league NEWPORT PAGNELL TOWN had their game cancelled while OLNEY TOWN won their division one fixture against Northampton on Chenecks 2-1.

Too wet for rugby

RUGBY was hit by the by the weather at the weekend as MK and Olney's Bucks Cup was postponed. While Bletchley also had their cup match against Amersham and Chiltern cancelled.

MKSPORT

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Toni's tonic gets the points
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Hero Navarro signs up for another year

BY SIMONE CORGAN
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ALAN Navarro has signed up for an extra year with MK Dons.

The midfielder, hailed by boss Paul Ince as the side's 'unsung hero' has capped off a terrific week, in which he grabbed his first goal for the club, by putting pen to paper to keep him with the club until June 2009.

Since following Ince from Macclesfield Town in the summer Navarro has become a key member to a Dons side with eyes on League One.

His partnership with Keith Andrews in the middle of the park is one of the major factors in keeping them four points clear at the top.

And while Andrews has been leading the Dons' goal scoring charts Navarro's defensive work could have slipped under the radar.

But his performances have caught Ince's attention. "I'm delighted to see him sign, " he said, " He has been in fantastic form and there was no doubt that we wanted to extend his deal.

"I felt he was a good player at Macclesfield last year but wasn't sure how he'd fare in a club like MK Dons. To be fair to him, he's been excellent and looks at home with the higher calibre of players here.

"People could have come sniffing around in the January transfer window, so to guarantee he stays and make him feel settled we started the talks. Nav is a player I didn't want to lose.

"He's the unsung hero of our team - he's got everything in his locker and I like the way he plays."

While he may have secured the services of one player, Ince will have to wave goodbye to another on Saturday when Bally Smart's loan runs out.

Alan Navarro waits to hit MK Dons second goal as the ball is slid under Accrington Stanley keeper Ian Dunbavin

18-year-old Smart has made an impressive impact in his 12 appearances since joining from Norwich City in September.

The winger will leave to join up with South Africa under-18s for a month-long tournament, but the Dons manager is looking to bring him back to Milton Keynes shortly after.

"We can't extend the loan because he will be off for a month with his country but come January, 1, we will be looking to sign him again.

"We'd like to get him back as soon as possible, I don't think Norwich will want to lose him but at the end of the year, we'll look at our position and there's no harm trying our luck to get him on a permanent move.

"Coming here has been a learning curve for Bally, I think at the minute he's more effective when the game has been stretched and he can exploit others with his pace.

"The kid has so much potential I have no doubt we will see him become a regular in the Championship in a few years time."

> Nav is a player I didn't want to lose. He's the unsung hero of our team – he's got everything in his locker and I like the way he plays
>
> – Dons' boss Paul Ince

Red Bull's ace in a race round Wembley

RED Bull Racing driver David Coulthard is all set for the race of his life - around Wembley stadium.

The 36-year-old will partner fellow Scotsman Alister McRae in the Race of Champions which is taking a break from its usual home at Stade de France.

The event is a chance for top drivers, from all disciplines of motor sport, to race against one an other in identical cars to find out who the best driver really is.

It will be an emotional day for Coulthard as he was set to partner former Rally World Champion Colin McRae, who was killed in a helicopter crash in September, along with his five-year-old son and two family friends.

Wembley is unrecognisable with 1,800 tonnes of asphalt having been used to lay down the track on the famous turf.

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MKNEWS

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Advertising Feature from Milton Keynes Council

Gigantic Green Giveaway

MILTON KEYNES COUNCIL

recycle for Milton Keynes

Aladdin star Bradley Walsh lends his support for Captain Green and Cash for Trash

ONE lucky Milton Keynes recycler could be celebrating an extra special Christmas present this year as a massive £1000 cash prize is up for grabs.

Next week Milton Keynes Council's successful Cash for Trash scheme will payout a huge Christmas bonus to one household using pink sacks.

Cash for Trash, which has been running for six months, has seen prizes of at least £100 given away every week. The scheme aims to reward those that are recycling, while encouraging others to participate in the kerbside scheme with the possibility of winning cash.

Next week, in addition to the £1000, there will also be a family ticket to Milton Keynes' Theatre's Christmas panto Aladdin, staring Bradley Walsh, a Waitrose Christmas hamper and £250 worth of John Lewis vouchers.

Cllr Douglas McCall, cabinet member responsible for recycling, is delighted with the success of this initiative. "During the first five months of Cash for Trash, kerbside recycling has increased by over 20% compared to 2006.

The great thing about the scheme is that there's a chance to win every week."

The Cash for Trash prize fund has been donated by Community Waste; the contractor who runs the council's recycling facility. Alex Cutts from Community Waste sees the donation as an investment in recycling. He says "since Cash for Trash started, the increase in materials coming through the recycling facility has been plain to see. We're happy to be kept as busy as possible and hope the prize fund encourages even more recycling."

As well as next week's bonus prize, Cash for Trash will run over the whole Christmas and New Year period. Residents are reminded to make sure their recycling goes out on the correct day to make sure they are eligible to win! Collection dates over the Christmas period are detailed overleaf.

horizonradio 103.3FM - ONLINE

Listen out for Captain Green on Horizon Radio's breakfast show.

Recycling Promotions Team hit the streets

A team of recycling promoters are calling on homes that are not recycling to discuss the benefits of reducing waste and explain just how easy it is to recycle.

Paul Mocroft, council waste reduction officer, explained: "In Milton Keynes we estimate just under 20% of households are not using the pink sack scheme."

"We need to understand why people aren't recycling, and offer help and advice to residents via our recycling promoters."

New recycling promoters ready for action

Cash for Trash is funded and supported by John Lewis, Milton Keynes Theatre, Waitrose

For more information visit www.milton-keynes.gov.uk/cashfortrash

Christmas Recycling and Refuse Collections

Some recycling and refuse collection days will change over the Christmas period.

CHRISTMAS WEEK

NORMAL COLLECTION DAY		REVISED COLLECTION DAY
Christmas Eve	→	NO CHANGE
Christmas Day	→	Saturday 22nd Dec
Boxing Day	→	Thursday 27th Dec
Thursday 27th Dec	→	Friday 28th Dec
Friday 28th Dec	→	Saturday 29th Dec

PLEASE NOTE:

The collection that would normally be due on Christmas Day will be THREE DAYS EARLIER. If your collection is due on Christmas Day, please put pink sacks, black sacks and blue boxes on the edge of your property by 7am on Saturday 22nd December. There will not be a collection on Christmas Day.

NEW YEAR

NORMAL COLLECTION DAY		REVISED COLLECTION DAY
New Years' Eve	→	NO CHANGE
New Years' Day	→	Wednesday 2nd Jan
Wednesday 2nd Jan	→	Thursday 3rd Jan
Thursday 3rd Jan	→	Friday 4th Jan
Friday 4th Jan	→	Saturday 5th Jan

PLEASE NOTE:

Collections will return to normal the following week.

Christmas opening times for the Community Recycling Centres at Bleak Hall, New Bradwell and Newport Pagnell:

Christmas Eve:	8am – 1pm
Christmas Day:	Closed all day
Boxing Day:	Closed all day
New Year's Eve:	8am – 1pm
New Year's Day:	Closed all day

Need a blue box for glass bottles and jars? Visit www.milton-keynes.gov.uk/bluebox or email/call us using the contact details below.

Contact the Recycling Team: recycling@milton-keynes.gov.uk 01908 25 25 70

Celebrity Christmas Tips

For handy tips on how to cut waste over the festive period, a host of famous celebs offer their top tips for a greener Christmas. Recycling is so easy that everyone's doing it!

"People across the UK will have sent more than a billion cards this Christmas but amazingly one in five (22%) of us still throw our Christmas cards in the bin!

"We want to recycle as many of these as possible to raise funds to help the Woodland Trust save our woods and trees, and help cut down on the amount of waste that traditionally gets binned at this time of year. "

Gail Porter - TV presenter and journalist

"When doing the food & drink shopping this Christmas try to watch out for the amount of packaging you're buying. A top tip is to buy your fruit & veg naked – without packaging! Or when buying drinks, buy larger bottles instead of lots of small ones to cut down on waste."

Phil Tuffnell - TV commentator and presenter

"Supermarket recycling facilities are a great place to get rid of old boots and shoes, and it's a brilliant way to help third world countries, but please don't forget to fasten them together in pairs!"

Gok Wan – TV presenter

"We'll get through a whopping three million tonnes of waste this Christmas but it's so easy to recycle now using your local kerbside recycling service! It's also a really effective way to help climate change: by recycling, a household typically saves about 175kg of CO_2 each year. This is equivalent to more than 17,000 party balloons full of carbon dioxide or one person not driving to work for twelve days of the year. "

Alistair McGowan – actor

"No doubt there'll be more bottles mounting up in your house over the festive season. My tip is to make a couple of trips to the bottle bank, one during the day and one late at night if you're worried the neighbours will think you've had a few too many this Christmas!"

June Sarpong – TV presenter

"I am delighted to be part of the Woodland Trust and Recycle Now's successful and worthwhile campaign. I am a keen recycler myself and will be taking all of my Christmas cards this year to participating stores. It's a great way for people to get their New Year off to a 'greener' start and get into the recycling habit."

Emily Symons - Emmerdale's Louise Appleton

The Woodland Trust Christmas card recycling scheme will run throughout the whole of January 2008. Old Christmas cards can be put in special recycling bins in WHSmith, Tesco, TK Maxx and Marks & Spencer. Thanks to public support last year, 93 million cards were collected, which is enough to enable the charity to plant 22,000 trees – or a forest the size of 44 football pitches! Alternatively, old cards can be recycled using the pink sack scheme or cut up and used for gift tags next year.

WOODLAND TRUST

Festive Facts

- The traditional festive feast will cost us £305 million on turkeys alone - enough to buy six more stadiums for the MK Dons.
- A mountainous 15,000 tonnes of sprouts will be bought in the UK during the Christmas period, weighing the same as 37 jumbo jets.
- Over Christmas, as much as 83 sq km of wrapping paper will end up in UK rubbish bins, enough to cover an area larger than Brighton and Hove or enough to cover Hyde Park 33 times!
- Each person in England will throw away an average of 50 kilos of rubbish over Christmas.
- A prickly eight million Christmas trees will be bought this year in the UK, most of which will be thrown away generating over 160,000 tonnes of additional rubbish.
- A massive one billion Christmas cards (17 for every man, woman and child) could end up in bins across the UK.

Contact the Recycling Team: recycling@milton-keynes.gov.uk 01908 25 25 70.

How to have a Green Christmas

The Recycling Team would like to wish you a Merry Green Christmas and a sustainable New Year

Use a Bag for Life
Say no to plastic bags. You can reuse old ones or why not buy a Bag for Life.

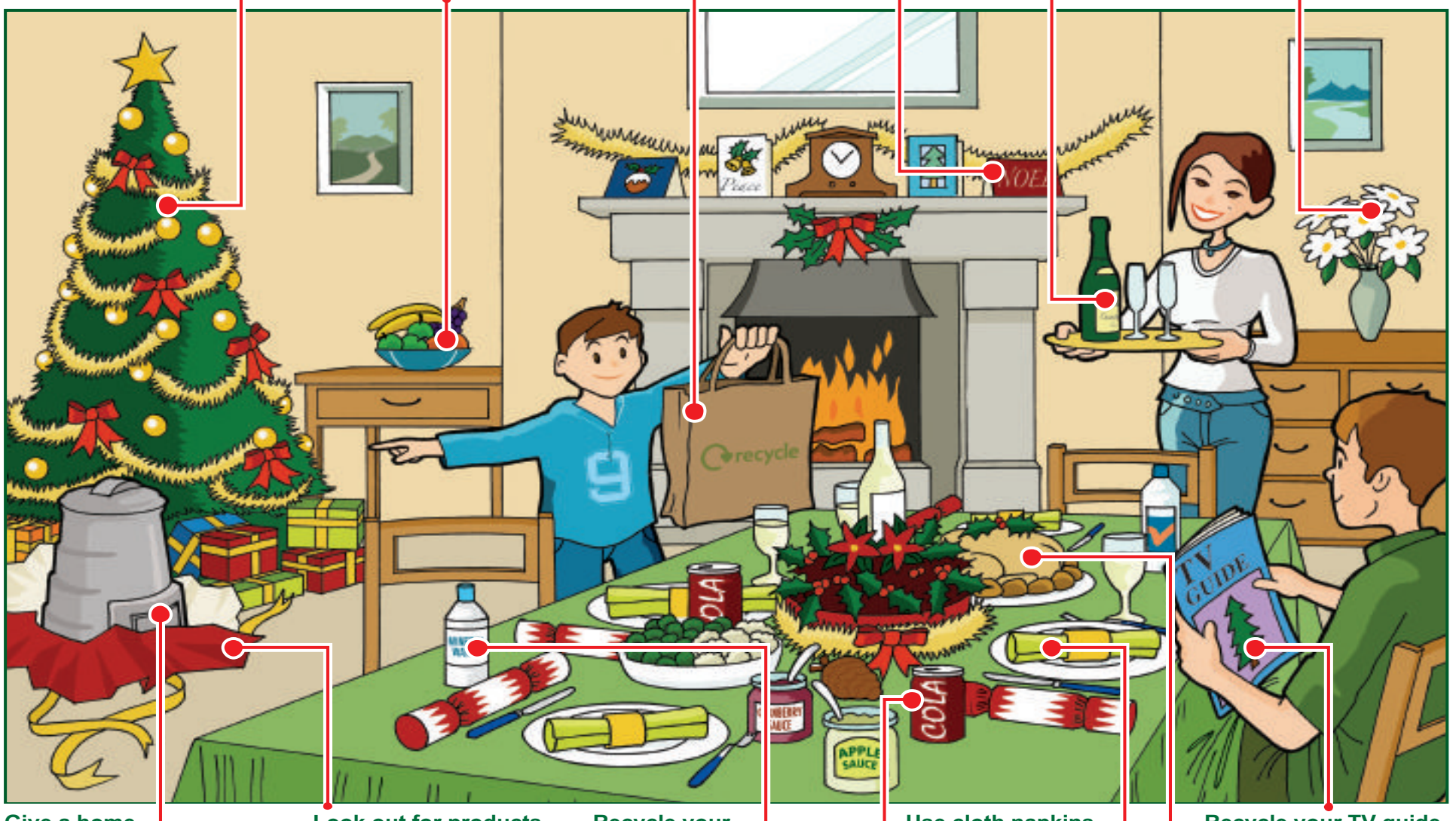
Recycle your glass
Remember to put your empty wine and beer bottles in your blue recycling box along with your glass cranberry and apple sauce jars.

Recycle your real Christmas tree
Real Christmas trees can be taken to your nearest Community Recycling Centre to be composted. Alternatively, buy a tree with roots so you can plant it in your garden after Christmas is over.

Compost your peelings
You can turn your fruit and veg peelings into lovely compost by adding them to your compost bin. You could even use your compost to grow your own sprouts ready for Christmas next year!

Recycle your Christmas cards
Support the Woodland Trust's Christmas card recycling scheme by taking all your Christmas cards throughout January to WHSmith, Tesco, TK Maxx or Marks & Spencer. Alternatively, pop them in your pink sack.

Compost your floral arrangements
Keep the spirit of Christmas in your garden all year by composting your real wreaths and festive centrepieces. The compost made from your decorations can help to make your garden more beautiful throughout the year.



Give a home compost bin.
A great gift for gardeners – MK residents can order low cost compost bins at www.recyclenow.com/compost or by calling 0845 077 0760.

Look out for products made from recycled materials
Shop around to buy wrapping paper and gifts made from recycled materials. For gift ideas, see www.recyclenow.com/shopping, visit SUST shop in the Food Court in CMK or pop in to your local charity shop.

Recycle your plastic bottles
Plastic bottles are recyclable. Rinse them out then put them in your pink sack or take them to a recycling bank.

Use cloth napkins and table cloths
Why use paper napkins when you can have cloth ones? You can reuse the same cloth napkins throughout the year.

Recycle your TV guide.
When you've finished with your TV guide put it out for recycling with your other newspapers and magazines.

ISSN 1743-1255

Recycle your cans
Drink and food cans are recyclable too! Rinse them out and put them in your pink sack or take to a recycling bank.

Reduce food waste
The festive period is a time for big meals. Why not make a list – it'll save you valuable shopping time and money. Keep an eye out for tasty recipes for leftovers – it's amazing what you can create with cold turkey and cooked veg!

Register to receive eNewsletters at www.milton-keynes.gov.uk/recycling